

## Support Available

### New Babyloss Support Group

Starting Tuesday 20th March 2018

3rd Tuesday of the month  
7.30pm - 9.00pm | Birmingham  
Children's Hospital

Anyone who has been affected by  
the loss of a baby welcome to  
attend.

Please contact for more details  
Tel: **01676 535716**

Email: [info@lilymaefoundation.org](mailto:info@lilymaefoundation.org)  
[lilymaefoundation.org](http://lilymaefoundation.org)

## Contact

Our staff at the Early Pregnancy  
Assessment Unit (EPAU) are here to help  
you so please contact them if you have  
any queries.

### EPAU

Monday – Friday 8:30am – 5:30pm  
Saturday 8:15am – 12:30pm on

**0121 335 8090**

**NHS**

**Birmingham Women's  
and Children's**  
NHS Foundation Trust

Information for patients

# Feelings after Loss of Early Pregnancy

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Early Pregnancy Loss can be an upsetting and frightening experience for you, your partner and your family.

This leaflet will provide information on feelings following early pregnancy loss, the support available and the steps you can take to help you move forward.

## What Will I Feel Like?

### Emotions

There is no right or wrong way to feel but you may feel any or all of these:

- **Sadness –**

You may be tearful, sometimes this can be difficult to control

- **Anger –**

You may feel why did this happen to me?

- **Anxiety –**

About what is happening and what this means for future pregnancies

- **Numbness**

- **Shock –**

Especially if there was little or no warning

- **Jealousy –**

Especially of other women who seem to get pregnant easily

- **Guiltiness –**

Wondering if something you did could have caused it

- **Emptiness and loneliness**

## Physical Feelings

Your pregnancy loss can affect you physically, particularly if you were treated in the hospital.

You may:

- Feel tired
- Have headaches
- Have stomach pains

This may make you more upset and emotional. You should contact your GP if you are worried about any symptoms.

## For How Long will I Feel like this?

Everyone is different and it is normal to grieve over the loss of your baby.

Certain dates in future, for example the due date of the baby, may bring back some of the emotions associated with loss.

Different things work for different people after early pregnancy loss.

## What Can I Do to Feel Better?

Here are a few things that people have found helpful to make emotional pain more bearable:

- Having a memorial service, this could be your own private one or one in a religious setting of your choice.

- Speak to the ward staff at the hospital, there may be a special book in which you can write about your baby.
- You could light a candle on any of the dates that help you remember your baby.
- You could plant a tree, bush or special plant such as a rose in memory of your baby.
- You may keep a diary to write about your feelings of loss.

## Others around You

### Your Partner

You should talk to each other openly about what you are both feeling. It is important not to blame each other.

You may find that your relationship becomes stronger as you have been through a very difficult time together. However some people find there is a greater strain on the relationship, it is important to get outside help if this is the case. (See Support section)

### Friends and Family

Miscarriage results in different emotions to grieving for a relative for example. You are grieving for both your immediate loss and the possible future with a baby. You may find that some family and friends don't understand this. They may not have experienced early pregnancy loss and this may make you feel more alone.