

What Are My Choices for Early Pregnancy Loss (Miscarriage) Treatment?

	Watch and Wait	Medication	Procedure
How does it work?	You wait for the pregnancy tissue to pass. This happens with cramps and bleeding with clots.	Pills called mifepristone and misoprostol can be used together to help to make the pregnancy tissue pass. You can also use misoprostol pills alone. You use these pills at home.	A clinician removes the pregnancy tissue using a simple office procedure. This can be done with local anesthesia or with sedation.
What will happen?	You wait for the cramps and bleeding to happen. This may occur any time. The bleeding and cramps may be much heavier than a period and lasts for a few hours. Lighter bleeding often lasts 1 to 2 weeks. It may stop and start a few times.	You will swallow a mifepristone pill. 24 hours later, you will place the misoprostol pills in your vagina. Take pain pills one hour before the misoprostol pills to ease any cramping and bleeding. Misoprostol may cause nausea, diarrhea, and/or a low fever. The bleeding and cramps may be much heavier than a period. This starts about 2 to 6 hours after taking the pills. Lighter bleeding often lasts 1 to 2 weeks and it may stop and start a few times.	The procedure takes place in the office. Your clinician puts instruments in your vagina and uterus to remove the pregnancy tissue. You will have light bleeding and cramping for 3 to 7 days.
How painful is it?	You will have intense cramps. Pain pills and a heating pad can help relieve painful cramps.	You will have intense cramps. Pain pills and a heating pad can help relieve painful cramps.	You may have mild to strong cramps during the procedure.
How well does it work?	This works 66–90% of the time. It works better if you have had some bleeding.	Pills work 65–90% of the time, depending upon the type of miscarriage you have and which pill you use.*	A suction procedure works 98% of the time.
How long does it take?	This may take a few weeks.	Pills empty the uterus in 84% of women within 2 days.*	The uterus is emptied during the procedure, which lasts about 5 to 10 minutes.
What if it takes too long or doesn't work?	If it takes too long, you can return to your clinician's office at any time for pills or a suction procedure.	If it does not work or takes too long, you can return to your clinician's office for a suction procedure or another dose of the pills.	In the rare case that it doesn't work, you can return to your clinician's office for another suction procedure.
Is it safe?	Yes. All three treatment options are safe.		
Can I still have children afterwards?	Yes. These treatments don't prevent you from getting pregnant or staying pregnant in the future. Once the early pregnancy loss is over you can start trying to get pregnant as soon as you feel ready.		
What caused the early pregnancy loss?	You did not make it happen. A pregnancy loss is nature's way of ending a pregnancy that would not be healthy. Early pregnancy loss is not caused by stress, sports, foods or sex.		

* Mifepristone is not always available. With mifepristone, the success rate is 84% overall by 2 days and 89% by 8 days. With misoprostol alone, the success rate is 67% overall by 2 days and 84% by 8 days.