



## After pregnancy loss

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Abstract: After pregnancy loss, you may experience grief and many other emotions. You may have questions about the reason for your loss. This is normal. Often, health care providers do not know exactly why pregnancy loss happens. This pamphlet includes basic information about pregnancy loss such as: types of pregnancy loss, pain and bleeding, when to expect your next period, a list of symptoms to watch for, tiredness, when to expect your breasts to go back to normal, going back to work, follow-up appointments, and remembering your baby. Information about how long to wait before trying again, how to get ready for your next pregnancy, and what to do if you are scared of having another pregnancy loss are discussed. Common feelings you and your partner may have are provided. A list of local resources are provided if you wish to seek extra support in your community.

Responsibility: Prepared by: Emergency Services, adapted from PL-0918 with permission of IWK Health, Halifax, NS

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