

Empirical treatment to prevent miscarriages

PLEASE READ CAREFULLY

We recommend the treatment and monitoring detailed below. They may help prevent further miscarriages particularly if no cause for your miscarriages has been identified.

All the treatments listed are optional as their benefit in women with unexplained miscarriages such as you may have is unproven. However, recent research suggests that progesterone treatment may be of benefit. If you have any concerns about this please discuss them with your doctor or specialist.

As soon as you have a positive pregnancy test please ring the secretary's number inform us of this, and make an appointment for an early ultrasound scan. Prior to having your ultrasound scan, please follow the instructions below.

Low-dose Aspirin:

- Commence now, i.e. from the time you start trying for a pregnancy.
- The dose is 75mg of Aspirin daily (please do not take more than this dose).
- We will determine how long you will continue this for, but it is usually only required for the first 3 months of pregnancy.
- Do not take if you have any history of aspirin or salicylate allergy or sensitivity.

Folic Acid:

- Take folic acid 400µg daily from now, until you have a positive pregnancy test.
- Once you have a positive pregnancy test, increase to 5mg daily.
- You should continue this until your 12th week of pregnancy

Cyclogest:

- This should be used only once you have a positive pregnancy test
- This is a progesterone hormone pessary that should be inserted into the vagina (400mg) 12-hourly until 12 weeks of pregnancy.
- Please note that these vaginal pessaries are wax based and can cause permanent staining of clothing. You may wish to use a panty-liner to avoid this.

Transvaginal ultrasound scans:

- We recommend monitoring of the pregnancy from around 6-7 weeks of pregnancy.
- Ultrasound scans before 9 weeks of pregnancy are usually undertaken vaginally.
- The scan will look for the following: (1) number of pregnancy sacs (2) size and presence of a fetus (3) presence of a fetal heart beat.
- We will look for features that will give us an idea on how likely the pregnancy is to be successful.
- We may arrange repeat scans depending on your history and the findings.