

# Coping with your early pregnancy loss

## Important information for patients

A miscarriage affects every woman differently and can be devastating for her partner too. Some women come to terms with what has happened within weeks, but for others it may take longer, however both are completely normal. Many women feel tearful and emotional for a short time, while others experience intense grief over a longer period of time. Your family and friends may be able to help and provide comfort, but for some women it is easier to talk to someone that they do not know. We are here to help and support you through this difficult time.

Below is a list of support websites that offer some valuable advice and support

[www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

[www.nhs.uk/conditions/miscarriage](http://www.nhs.uk/conditions/miscarriage)

[www.uk-sands.org](http://www.uk-sands.org)

[info@cradlecharity.org](mailto:info@cradlecharity.org)

[www.cradlecharity.org](http://www.cradlecharity.org)

Motherwell Cheshire: 01606 557666

If you find that you are not coping, then speak to your GP as they can provide you with psychological support or refer you to someone who can.

You can also contact the Gynaecology Assessment Unit here at Leighton Hospital on 01270 278266. In this clinic we can offer you an appointment to talk about your miscarriage. Some women find that it helps with the grieving process to talk about what happened.