

Miscarriage - How Do I Know If I Have Had A Miscarriage?

The first sign of blood and the mother-to-be can get into a panic, believing there is going to be a miscarriage! What she does not realize is that bleeding and cramping during the first trimester is a common experience but it does not come in the way of a healthy pregnancy. Yes, sometimes it does lead to a miscarriage, but only the doctor who examines her will be able to find out the truth. What is definitely important is, consult a doctor as soon as there are any signs of bleeding. There are various signs that the doctor looks out for in case a miscarriage is suspected. Some tests can also be carried out. The commonest symptoms that the doctor will check for are abdominal cramping and vaginal bleeding. Again, like mentioned earlier, these could indicate a possible miscarriage, but one cannot be 100% certain. A pelvic examination is more thorough. An open cervix heralds an impending miscarriage. The cervix is closed but vaginal bleeding is present - there is the threat of abortion (threatened abortion). All that can be done is to wait till further symptoms and signs plus medical reports convey the truth. Of course, this sort of event can be emotionally draining for the mother-to-be. Sometimes, the doctor goes in for measurement of HCG levels. This is known through a blood test. During the early weeks of a normal pregnancy, the levels of HCG are increased rapidly. Further tests that can be done are - internal pelvic examination, checking for the presence of a fetal heartbeat or the lack of it, and an ultrasound. In most cases, the pregnancy is terminated so early, that the woman is not even aware that she is pregnant. It is only when she notices bleeding that she realizes that she may have lost a future baby. The basic reason for a miscarriage is that genetic abnormalities do not allow the embryo to be viable. But whatever be the reason, it is a traumatic event for the mother-to-be. There is regret that maybe she could have done something to prevent it. Possibly, there is nothing she could have done to prevent it from happening. Even after this spontaneous abortion, a healthy pregnancy is entirely possible. In fact, in a majority of cases, it is just a one-time event. There is cause to worry only when the woman is not able to carry forward the pregnancy despite several attempts. Even here, the doctor is there to discover the cause and offer a remedy. All in all, a miscarriage can lead to a lot of pain and apprehensions about the future. Some suggestions offered - see the doctor as soon as you feel any abnormal symptoms, make an effort to relax, rely on people close to you to provide moral support, and sincerely believe that a healthy full-term baby is possible in the future!

About the Author

Abhishek has seen many childbirths in his huge family! Visit his website <http://www.Childbirth-Guru.com> and download his FREE Childbirth Report. If you are an expecting mother you can get some very valuable information about Pregnancy and Childbirth. But hurry, only limited Free copies available!

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