

Vaginal Bleeding in early Pregnancy



 Office d'éducation des patients du CUSM
MUHC Patient Education Office



This material is also available on the
MUHC Health Education Collection (<http://infotheque.muhc.ca/>)
MUHC Patient Education Office (www.muhcpatienteducation.ca).

This material was developed by the McGill
University Health Centre Emergency Department.

What is wrong?

It is relatively common for women to experience light vaginal bleeding (spotting) in early pregnancy. It often stops on its own but in certain cases, it may continue. The pregnancy might be the cause of the bleeding but the bleeding can also be due to other problems.

What should I do at home?

- ▶ Monitor the amount of vaginal bleeding you are having. Keep track of how often you change pads and how soaked they are.
- ▶ Do not use tampons and do not douche.
- ▶ Verify with your doctor if it is safe to have sexual intercourse.
- ▶ If you have pain, the emergency doctor might prescribe some medications. Use them as directed.
- ▶ Take medication for cramps only with your doctor's permission.

When am I going to feel better?

In most cases the bleeding stops on its own after a few days.

Should I see another doctor?

You will need a follow up with your obstetrician or family physician.

The emergency doctor might schedule you for an ultrasound in the next few days.

When should I come back to the Emergency Department?

You should return right away if you:

- ▶ You are experiencing severe abdominal pain or cramps
- ▶ You have to change your pads more than 3 times in 3 hours or you pass large clots
- ▶ You develop chills or fever (oral temperature above 38°C / 100.4°F)
- ▶ You become light-headed, weak or faint