

CARE FOLLOWING A MISCARRIAGE

Personal Hygiene:

- Personal hygiene is very important at this time, as the cervix is opened and your body may be very highly susceptible to infections. Your immune system is probably battling somewhat as well, which will make you even more likely to get infections. Taking showers daily (using a mild, non-deodorant and non-fragranced soap) and cleaning yourself after each time you urinate and have a bowel movement will help keep infections from forming or spreading. Tub baths are not recommended for at least 4 weeks following a miscarriage.
- Use of a peri-bottle filled with warm water and 10 drops of tea tree oil to clean the vaginal area and anus after each time you go the bathroom is helpful. Pat it dry. ALWAYS WIPE FROM FRONT TO BACK!!!

Personal Care:

- Rest—your body is tired, and will need time to recuperate from the work it has just done. The blood vessels in the uterus need time to clamp and heal as well, and only rest can help to speed this process. You should remain in bed as much as possible for at least one full week. Then the second week should be mostly bed rest with some time spent resting on the sofa or lounging chair. You may slowly begin to return to your normal activities, simply note that if your bleeding increases, you have done too much too quickly and you must stop and get back into bed.
- You should not be on your feet more than a few minutes at a time for the first week. Absolutely no laundry or vacuuming, sewing, quilting or other tedious tasks that require a lot of standing or sitting upright for at least 2 weeks. The laundry and vacuuming should be resumed slowly and only after you see the bleeding coming to a good end.
- You should not lift anything weighing over 10 pounds for 3 weeks. This would include young children. Have someone place them beside you and then you can cuddle them, but absolutely no picking them up and carrying them around.
- Do not place anything in the vagina for at least 8 weeks or after having a second full and normal cycle. If your second cycle has not come and the 8 weeks has passed, please wait for the end of your second cycle. The Lord made it clear that our bodies must heal after a birth, and even in the case of a miscarriage, our bodies act the same as if they had just experienced a full birth. The hormone levels fluctuate rapidly, the cervix is open, the uterus is in need of clamping and cleansing and returning to its normal size and shape and your vaginal and cervical walls and lining need time to heal and re-build their protective surfaces. Douching, use of tampons, and intercourse would all be dangerous to a body desperately trying to heal. You could introduce infections, increase your chances of a premature pregnancy before your body is ready and in essence cause another miscarriage or other potential problem because the uterus is not ready to handle a pregnancy at this time. In the Old Testament God established a guideline for the appropriate healing times. He knew our bodies would need the rest and time to heal, so this 8 week period is well established according to Him, and as the creator of our bodies, He surely knows what is best for us, so we ought to diligently follow this. NOTE: It is usually recommended that another pregnancy wait for 12 weeks, or after having three full cycles. Again, this is for the benefit of full healing and to promote a better chance of the uterus to handle and hold a future pregnancy. It also gives your heart time to heal and recover through this time of grieving.

Nutrition and Supplements:

- Following the Good Healthy diet is the best thing you can do after a miscarriage. It will help your body to heal more quickly and safely. It is also the diet you should follow daily as long as you are in the childbearing years.
- Taking your Juice Plus daily and two Calcium/Magnesium tablets will also help your body to rebuild its stores of necessary vitamins and minerals during the childbearing years. When and if the Lord blesses you again, an increase in the calcium/magnesium will be desirable.
- Take an Omega 3 supplement to maintain and regulate hormones. Essential Fatty Acids are helpful in this area and are beneficial if taken during a pregnancy as it builds the brain of your baby within the womb. Sigafosse and Jackson Chiropractic has an excellent Essential Fatty Acid supplement (York, PA 717-755-5705), which we carry; or you could try Carlson's Brand Fish Oil Supplement as well.
- Use of Eleuthero and Sarsaparilla may also be helpful in balancing your hormones for the first 5 or 6 months postpartum. If you are battling with emotions, do not hesitate to contact me and I will recommend other supplements that may work better for you in your individual situation.

Follow up Care:

- Seeing your care provider 6 weeks after your miscarriage is a wise decision. They will be able to evaluate how well your body is healing and if there have been any problems related to your miscarriage that need to be addressed.
- After you are cleared to resume normal activity and especially intercourse, if you conceive, you should be in contact with your midwife or obstetrician immediately, as any future pregnancies should be followed carefully so that the proper supplements or herbal support can be recommended if signs of a miscarriage begin to show themselves.
- As we get older our bodies begin to change, often we need help to hold pregnancies where we never had a problem before. Almost always, good diet and supplementation is all we need, but sometimes (as is seen in women who habitually miscarry—miscarriage more than once in succession) we need more help. This is where a special herb in capsule form is very beneficial. It includes four herbs that are 99 percent proven to prevent miscarriage in pregnancies where the baby is viable, but the body is struggling to do its role. Often this happens after years of poor eating and little exercise and simply due to our ways of growing and stripping our foods of their God-given goodness. This herb is known as the *Miscarriage Prevention Formula*. It includes squawvine, false unicorn root, wild yam, and crampbark. These four herbs are well known to keep hormone levels where they need to be for pregnancy, to relax all uterine muscles to keep from contracting and to hold that precious little one if all is well. If you have had more than one miscarriage in a row, it will be beneficial to consider this herb along with the good diet and prenats to aid you during the critical periods of your pregnancy (the first 16 weeks).

Call or email me if you have any questions, need to talk, or just want some support or guidance on any issue. I am here for you if you need me, and am more than willing to discuss potential care for the future if you so choose to use a midwife.

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