

Miscarriage

A miscarriage is when a pregnancy ends on its own before the embryo or fetus is developed enough to survive outside the uterus. This can happen before someone even knows they are pregnant. Miscarriages are common, and they happen most frequently within the first three months of pregnancy. They generally happen because the embryo or fetus is not developing as expected, which is often because of genetic or developmental factors that can't be controlled or prevented.

When miscarriage happens, the body stops the pregnancy and the pregnancy tissue passes out of the uterus, which can be like a heavier menstrual period. If all the tissue doesn't leave the body, a health care provider will have to prescribe medicine or perform a procedure to remove the tissue.

Like pregnancy in general, there can be a lot of different feelings around miscarriage. All feelings, regardless of what they are, are valid.

Sources

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