



BCRM

Bristol Centre for
Reproductive Medicine

Recurrent Miscarriage Clinic

Treatment to Prevent Miscarriage: Patient Advice

We recommend the treatment and monitoring detailed below. This may help prevent further miscarriages. The treatment plan below can be personalised to your particular circumstances taking into account the following:

- Your previous miscarriages
- What you have told us
- Results of any tests

All the treatments listed are optional, their value in women with unexplained miscarriages is unproven. However, recent research suggests that these treatments may be of benefit to you .

You would only take the medicines as prescribed.

To discuss the following treatment options please call 01172591159 to make an appointment to see Mr Haj Kamali in his BCRM clinic.

Treatment Options

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Folic acid:

- Take folic acid 400µg daily from now (ideally for 3 months pre-conception).
- Once you have a positive pregnancy test, increase to 5mg daily as prescribed.
- Continue this until your 12th week of pregnancy.

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Progesterone (cyclogest pessaries):

- Start when you have a positive pregnancy test
- This hormone pessary should be inserted into the vagina (400mg) 12-hourly until 12 weeks of pregnancy.
- Please note that these vaginal pessaries are wax based and can cause permanent staining of clothing. You may wish to use a panty-liner to avoid this.

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Prednisolone (steroids):

- Start when you have a positive pregnancy test.
- Take 20mg once a day until 10 weeks of pregnancy, then reduce to 10mg, at week 11, then 5mg at week 12, then stop.
- Please see separate information leaflet on taking prednisolone.

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Clexane (blood thinner):

- Start when you have a positive pregnancy test.
- Take 20mg or 40mg as prescribed until you are told to stop.



Low-dose Aspirin:

- Start when you have a positive pregnancy test until you are told to stop.
- The dose is 75mg of Aspirin daily (please do not take more than this dose).
- If you take aspirin when it is not prescribed it may increase your risk of miscarriage.

Transvaginal ultrasound scans:

- We recommend regular monitoring of the pregnancy from around 6-7 weeks of pregnancy.
- Ultrasound scans before 9 weeks of pregnancy are usually undertaken vaginally.
- We will look for features that will give us an idea on how likely the pregnancy is to be successful.