

12 Things Women Experiencing Miscarriage Prefer to Hear From Their Care Provider

I'm sorry. Please tell me you are sorry or that you will be thinking of me during this difficult time. I know you see miscarriage happen often, but this is my first miscarriage. Even if I have had more than one miscarriage, I would still like to hear those words.

Offer a kind touch or a hug. I may be really sad and it's helpful to know you care. This is not a medical event for me — it is heartbreaking. Placing your hand on my shoulder helps me feel deeply cared for and will improve my experience.

Please tell me what to expect. I have never done this before, and I am scared. I don't know what my body and mind will experience. It's helpful to know if I will be in pain physically as well as emotionally, and I will need to know a little bit about how to handle that.

Please give me options. Help me understand the best options for my body and offer testing. If I am anxious, please help me through that with medications or resources. If I am in pain, please offer me pain medications or resources. If you don't know how long this process takes, it's okay for you to say that.

Prepare me for what I might see. I have never seen a very tiny baby before, and my baby may be so tiny that they aren't very visible. Please prepare me for what to look for such as gray tissue or what the placenta may look like.

Please tell me not to flush. I may feel guilty and shameful if I flush my baby, so please give me something to capture my baby in and tell me where to keep my baby or what to do with my baby. If I do flush my baby down the toilet, please tell me that it does not mean I didn't care or didn't love my baby.

It's not my fault. Even though it is rare that something I did caused this, I still need to hear there was nothing I could have done differently; such as eating healthier, exercised more or less, or worked less. If this didn't happen from something I did or didn't do, please say that.

Explain my situation to your staff. Sometimes I cannot form the words or my tears swallow my voice. I did not hang up, I am just silent. It's helpful if your staff already know about my loss and can be comforting to me on the phone.

Help me know that I can bury or cremate my baby. I may want to bring my baby home, bury my baby or have my baby cremated. If you don't tell me this is an option, I may not feel at peace about where my baby went, and I may struggle later.

Share with me that I can take time off work. I need to know it's OK for me to take some time off not only to complete the miscarriage but to recover emotionally. If you don't tell me this is an option and that it's OK, I may go back to work and regret it later — especially if I spend the days crying in front of others.

Please don't minimize my experience. I know all women will grieve differently but that doesn't mean my grief isn't worthy or valid. If I call my baby a baby, please reciprocate. I didn't refer to my baby as "products of conception," "embryo" or "fetus." If my baby had a name, please use it.

Let me know I will survive and move forward. Right now, time seems to be standing still. I can't imagine stepping outside and seeing how the world is still turning while my world has been crushed beneath me. I need to know I'm going to make it through this even though it will be hard.