

Miscarriage: Your Next Pregnancy was adapted from materials prepared by Jody Earle, Luba Djurdjinovic and the Educational Materials Advisory Committee of the *Ferre Institute*. The *Ferre Institute* is a non-profit organization dedicated to education about infertility.

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*Ferre Institute, Inc.*

124 Front Street  
Binghamton, NY 13905  
Phone: 607-724-4308  
Fax: 607-724-8290  
[www.ferre.org](http://www.ferre.org)





## After a loss, making the decision to try another pregnancy is difficult.

- **Collect as much information as possible** about the causes of your loss and whether they might influence a future pregnancy. You might want to consult a geneticist or perinatologist.
- **Deciding when is a decision only the partners involved can make.** It takes a lot of courage and both partners need to be ready. Perhaps there is never a perfect time. During your healing process, it is not advisable to make quick major decisions. Another pregnancy won't replace the lost child. Children aren't interchangeable; however, a pregnancy may help you by refocusing your attention.
- **Your next pregnancy probably won't be as joyful as you would like** because you've learned that life doesn't always go according to your plans. Insist that your pregnancy be monitored carefully. Whenever the slightest problem occurs, you'll feel vulnerable and terrified. After a loss, you may also feel like an outsider or a misfit with your premium pregnancy. You can't say it's your first, but it is also difficult to say you are a parent.
- **Planning ahead for baby's arrival home may be difficult.** You may want to avoid early preparation. Family and friends could provide for your baby's needs while you're in the hospital. You may want to request that baby showers be held after the arrival of the baby.
- **Everyone will make suggestions about what you should do to make your precious pregnancy successful.** Although it might be annoying, some people do this because they also are emotionally invested in your pregnancy. The easiest way to handle their suggestions is to listen, and then do whatever you, your partner, and medical team feel is best.
- **Your birth experience might be bittersweet.** Memories resurface about your loss, especially if you are at the same hospital and with the same staff. You probably will need to do some grieving in addition to celebrating the new life.
- **Delayed bonding can be a natural outcome of our previous loss.** You may feel the need to protect yourself from more sorrow so you might be cautious with your bonding until you're certain that all is safe and sure with your new baby. Don't worry if you don't bond at once; it will come in time.

- **Moments of panic will occur** when the new baby is ill, or too quiet, or with someone other than you. You never again want to be as sad as you have been.
- **Your parenting is influenced by your past loss,** especially if you have had late pregnancy loss, infertility or multiple miscarriage. Knowing these are extra special children influences your parenting methods and decisions. Objectivity may be more difficult for you than it is for other parents.

## Summary

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