



# EARLY PREGNANCY BLEEDING OR PAIN

## What pregnant women need to know

Pregnancy can be a time of excitement, but also uncertainty – especially if you experience something unexpected. Many women have some discomfort or bleeding in early pregnancy, which can be normal. If you experience any bleeding during your pregnancy, contact your health care team.

It is important to remember that you have a team of caregivers here to support you every step of the way. Your care team includes doctors, midwives, nurse practitioners, nurses, medical assistants, social workers, lab technicians, sonographers, and radiologists. Please don't hesitate to ask any of us questions and to let us know what you need.

## Symptoms

**Q:** What does my pain and/or bleeding mean?

**A:** Possible causes:



### NORMAL PREGNANCY

20 to 40% of healthy pregnancies have some first-trimester bleeding



### MISCARRIAGE

15 to 20% of pregnancies end in miscarriage



### ECTOPIC PREGNANCY

2% of pregnancies are ectopic (sometimes called a tubal pregnancy)

## Diagnostic Tests

**Q:** What tests may be used to determine the cause of my symptoms?

**A:** Your clinician (ob-gyn or family practice) will usually order some tests based on your specific symptoms.

Possible tests include:



**BLOOD TEST(S)** – check pregnancy hormone levels, blood count, or blood type. Let us know how you want to be notified of results (email, phone call). Results are typically available the next day. In order to get enough information, we may need to repeat some of the tests several times.



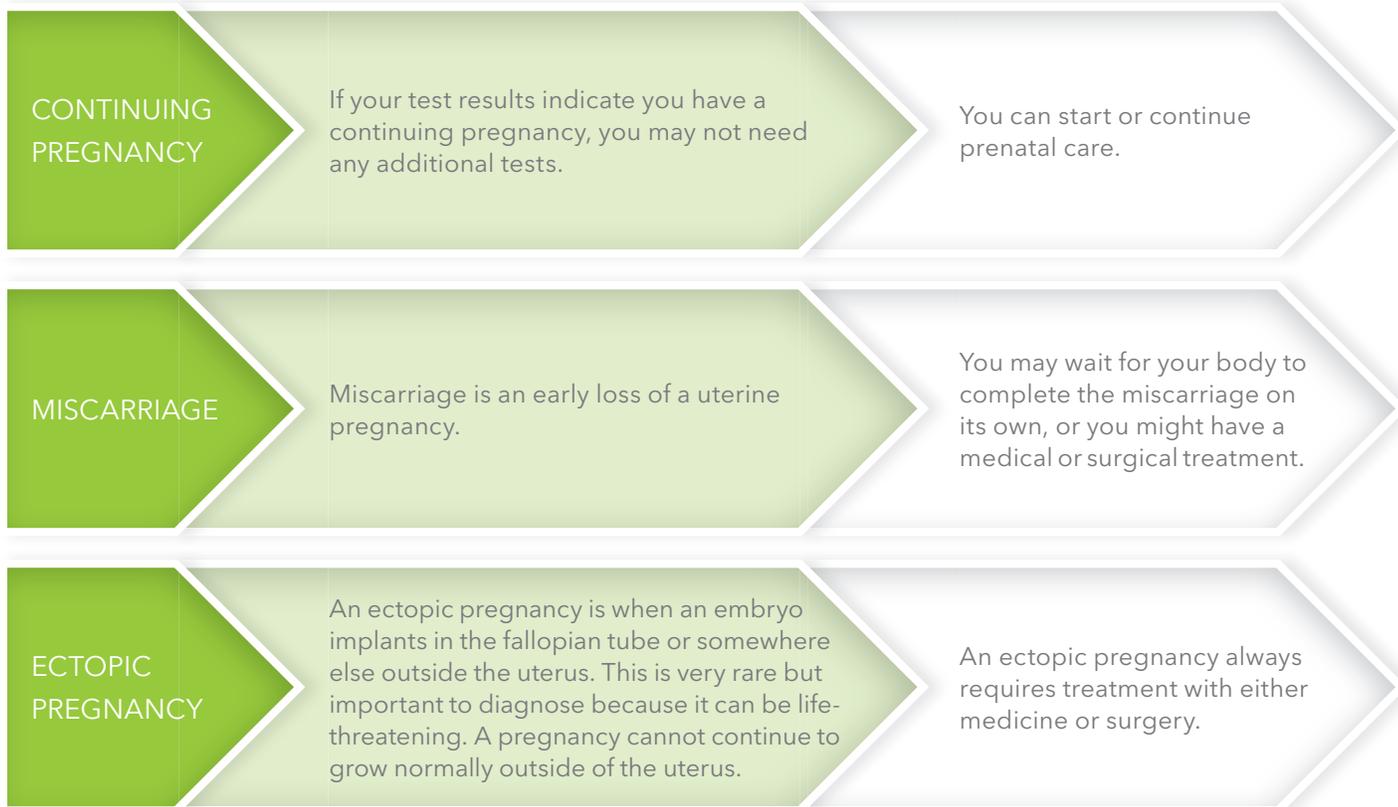
**ULTRASOUND** – looks at the embryo, uterus, ovaries, and fallopian tubes. It is common to use an ultrasound wand inserted into your vagina in order to take the best pictures. The results are typically available within a few days. By law, the sonographer performing your ultrasound is not allowed to give you any information. The results will go back to your care team, which will share them with you.

# Diagnosis and Next Steps

**Q:** What is the next step?

**A:** Based on the test results, your care team will discuss your options with you.

Next steps and care may include:



**Q:** How do I contact my care team if I have a question?

**A:** We are here to help answer your questions.

Please call the Ob-Gyn appointment and advice line: 1-855-285-4246