

NIPAWIN HOSPITAL

THREATENED ABORTION (Miscarriage)

INSTRUCTIONS:

- Shower or tub bath daily - avoid using hot water.
- No strenuous activity or heavy lifting - no lifting over 10 pounds.
- Adhere to bed rest restrictions if ordered by doctor, otherwise have planned rest period throughout the day.
- Only take medications as instructed by your doctor.

Report to your doctor if you have:

- Vaginal bleeding or spotting
- Abdominal cramps
- Persistent backache