

Table 2. Clinical Nursing Care When Informing Patient of Miscarriage

Guideline	Details
1. Assess woman's level of <i>Being Sure</i>	<i>"Are you feeling comfortable with your decision to [have a D&C, use misoprostol, watch and wait]?" "Is there anything else you need from us as your health care providers to help you be sure?"</i>
2. Provide written information on what to expect when undergoing expectant management	Information to include: <ul style="list-style-type: none">• expected rate and amount of bleeding,• description of appearance of pregnancy tissue,• anticipated level of pain,• directions for collection and storage of tissue, and• directions for bringing tissue to clinic or hospital for analysis.
3. Provide a miscarriage care package for all women undergoing expectant management and thoroughly explain its contents and use	Items to include: <ul style="list-style-type: none">• a plastic collection container to place under the toilet seat ("potty hat") in case tissue is passed while the woman is on the toilet;• sanitary pads for increased blood flow before the miscarriage (explain that blood flow usually decreases substantially once the miscarriage occurs);• two blue plastic-lined pads to protect the bed or chair if bleeding is heavy;• plastic gloves to wear for handling tissue that is passed; and• a small plastic jar for tissue (explain that if the volume of tissue passed is too large for the small jar, the patient may place it in a plastic container with a tight-fitting lid or a sealable bag). Suggest that she consult with her HCP to determine what can or should be done with the tissue.
4. Be cautious and gentle when giving information	Attempt to gain an understanding of the patient's perspective on the inevitable miscarriage (e.g., whether she views this as a loss; whether she uses the term <i>baby</i>) before giving brochures about perinatal loss or mementoes such as a baby ring. If brochures are provided, let the patient know that she may read them now or at a later time of her choice. Try to understand and anticipate the patient's individual feelings and needs.