

Pregnancy & Infant Loss Program

Early Pregnancy Loss Clinic

The Women's Health Outpatient Programs at the Foothills Medical Centre offer an Early Pregnancy Loss Clinic functioning under the leadership of Dr. Phillipa Brain and the Obstetrics and Gynecology Department. The clinic reception area is located in Room 185 of the Women's Health Centre.

The **Early Pregnancy Loss Clinic** offers patients, whose condition is stable, the following **options** in the management of fetal demise/missed abortion of **12 weeks** or less (gestational age as indicated by ultrasound):

1. **Expectant management** – No intervention. Allow nature to take its course.
2. **Medical management** – induction of miscarriage with vaginal insertion of Misoprostol (Cytotec) 800 mcg (four 200 mcg tablets) daily given for up to 2 days as needed.
3. **Surgical management** – “Dilation and Curettage” booked through the operating room.

Clinic staff will arrange Dilation and Curettage for patients of >12 weeks gestation.

We do not accept referrals for retained products of conception. The on-call gynecologist at any site should be contacted for patients with retained products of conception.

To access the clinic, the following information is required:

1. **Referral letter from physician.**
Please include patient's parity, LMP, age, date of birth, health care number, address, contact numbers, printed name of referring doctor with **PRACID**.
2. **Pelvic ultrasound** confirming fetal demise – with ultrasound criteria of:
 - Embryo with no cardiac activity: trans vaginal >5mm; abdominal >9mm
 - Gestational sac with no embryo and no yolk sac: trans vaginal > 8mm; abdominal >20mm.
 - Gestational sac with yolk sac, no embryo: trans vaginal >16mm; abdominal >25 mm
3. **Laboratory Results:**
 - Patient's blood type and Rh
 - Serum Beta HCG, if indicated

Please FAX all information to 403-944-1111. Once all required information is received, the clinic nurse will contact the patient.

Grief Counselling Program

Grief counselling is available, as needed, for patients requiring further support for their loss.

If you require further information, please call 403-944-2274.

Hours: Monday – Friday 0800-1600 hrs. Closed Saturdays and Sundays and all statutory holidays. The last available appointment is at 1430h (2:30 pm).