



Maintaining standards in Early Pregnancy Care

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PE1443/E

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CONSIDERATION OF PETITION PE1443

Calling on the Scottish Parliament to urge the Scottish Government to offer all women, who have suffered miscarriage, investigations following one loss through miscarriage and to review NHS Scotland's policy on the investigation and treatment of couples who experience miscarriage to help relieve the anxiety and distress to women caused by the current guidelines.

Thank you for inviting a response from the Association of Early Pregnancy Units (AEPU).

The AEPU proposes that all women who have had a miscarriage should be offered a follow-up appointment to answer questions and provide support to alleviate anxiety and distress. At this appointment, women would also be offered pre-pregnancy advice if they intend to try for another pregnancy; specifically to stop smoking, lose weight, take folic acid, adopt a healthy diet, consider vitamin D supplementation etc.

In addition, if this is a pregnancy loss after 10 weeks with an apparently normal fetus, that the woman should be offered anti-phospholipid testing in line with guidelines (Green-top guideline number 17 on Recurrent Miscarriage, investigation and treatment of couples published Royal College of Obstetricians & Gynaecologists 9th May 2011). NICE has also just published guidance on the management of miscarriage and ectopic pregnancy (December 2012).

Unfortunately there are insufficient evidence-based trials to show that any other tests or treatments are effective.

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