



You've lost your pregnancy or your baby has died. You may be feeling sad, angry, helpless or numb. You may be thinking:

- *Why me?*
- *Why did it happen?*
- *What did I do to cause it?*
- *It's not fair!*

You may have physical as well as emotional pain. **Some of the emotional pain may always be with you, as will the memory of your baby.**

Having Another Baby

After losing a baby, there may be a strong desire to become pregnant again, or your partner may try to ease his grief by pressuring you to have another baby right away. A new baby will not replace the baby you lost. Doctors recommend waiting at least 18 months between pregnancies. This gives your body time to recover fully and be ready to have another baby. Ask your health care provider since he or she knows you best. In the meantime, use a reliable method of birth control, get plenty of rest, and eat well.

Grief Process

You will go through a grieving process because of the loss. There will be many emotional ups and downs. It is necessary to grieve so you can move on to feeling better. These are feelings you may experience at different times:

Shock and Denial: *This can't be happening to me.* You may have trouble believing you lost your baby.

Anger: *Why me?* You may be angry with the doctor, your family, your partner, or everyone. You may resent other people who have a baby.

Sadness and Depression: *What's the use? It's not fair that my baby died. My dreams are gone. Life is meaningless.* If you are severely depressed and are having suicidal thoughts, it is important to seek help immediately by telling your medical providers or by calling 911.

Acceptance: *I can go on. I can't change it. I will accept it.* You may start to have energy. You can have a good time without feeling guilty.