



## Pregnancy and Infant Loss

### Even though most pregnancies are problem-free, some pregnancies end in loss.

It is estimated that one in four pregnancies ends in loss. The risk of miscarrying in the first 20 weeks of pregnancy is between 15 percent and 20 percent. It is less common for a loss to occur later in pregnancy.

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### It is important to seek medical care right away in case of a miscarriage or stillbirth.

If you experience a miscarriage (the pregnancy ends spontaneously before 20 weeks gestation) or stillbirth (gives birth to an infant with no signs of life at or after 20 weeks gestations), you need immediate medical care to prevent complications. There are increased risks of bleeding and/or infection, which may put your health in danger.

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### If you experience a loss of pregnancy or infant, a visit with your health care provider can provide support and information.

A health care provider may be able to:

- Help you cope with grief
- Explain why the pregnancy ended or why the baby did not survive
- Discuss if and/or when you may want to become pregnant again
- Explore the risk of this happening in a future pregnancy
- Assist you with accessing support or formal therapy
- Help describe your loss to other siblings, family members, friends, and co-workers

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## Community Services

For more information and services related to pregnancy and infant loss:

- Talk to your health care provider
- Call Pregnancy and Infant Loss Network 1-888-303-7245 [www.painnetwork.ca](http://www.painnetwork.ca)
- Call Ended Beginnings Hospice Simcoe 705-725-1140 [www.hospicesimcoe.ca/grief-bereavement-program/](http://www.hospicesimcoe.ca/grief-bereavement-program/)
- Call Pregnancy & Infant Loss Outreach of North Simcoe Muskoka 705-325-0505 ext. 209 <https://hospiceorillia.ca/pilonsm/>
- Call Health Connection, Simcoe Muskoka District Health Unit 1-877-721-7520
- Visit [www.smdhu.org/PerinatalBereavement](http://www.smdhu.org/PerinatalBereavement)
- Visit Health Link BC Miscarriage: <https://www.healthlinkbc.ca/pregnancy-parenting/pregnancy/risks-and-complications-during-pregnancy/miscarriage>
- Visit Health Link BC Stillbirth: <https://www.healthlinkbc.ca/pregnancy-parenting/labour-and-birth/during-labour/stillbirth>