

# CARE DURING THREATENED MISCARRIAGE

## **If you have the following symptoms:**

- Spotting or bleeding
- Cramping (mild in women with a history of miscarriage, moderate in women without a history – some cramping is normal with all pregnancy)

FIRST, CALL YOUR MIDWIFE TO MAKE HER AWARE OF YOUR SITUATION! Take 2-3 capsules of the Squawvine Mixture every 3-4 hours around the clock until all symptoms have ceased for 48 hours. If bleeding increases and cramping ensues, break open the capsules and place one level teaspoon of the squawvine into the bottom of a cup and add one cup of boiling water. Mix and drink 1 cup every 3 hours until symptoms cease for 2 days.

## **If symptoms have ceased or you are taking the squawvine prophylactically (because you habitually miscarry):**

Follow directions on the bottle of the squawvine formula for the gestational period you are currently in.

## **It is recommended if you have symptoms, such as spotting, bleeding, or cramping, that you do the following along with taking the squawvine mixture:**

- Stay in bed (lying down, not sitting) for 7 – 10 days past the day when the bleeding/cramping subsides.
- Do not lift anything over 10 pounds for the first week out of bed and nothing over 15 pounds until you are past the 16<sup>th</sup> week of gestation.
- Absolutely no intercourse until your midwife/doctor says you are out of danger, as the semen is loaded with prostaglandins, which can set you into labor (usually you must wait for one month after symptoms disappear OR you are one month past when you miscarried in previous pregnancies).
- No sexual stimulation of any kind is recommended during the danger phase either. Nipple stimulation is often known for causing contractions and has been used to induce labor naturally.
- The first two days out of bed you should only sweep the kitchen floor, prepare meals and fold laundry. If after 2 days of this, no symptoms reappear, you may begin to make beds and sweep other rooms. After one week with no symptoms and being out of bed, you may do laundry, but do not lift baskets if they are heavier than 10 pounds.
- Absolutely no vacuuming, sitting at a sewing machine or quilting (or any tedious needlework) until after you have been allowed to resume intercourse (and sometimes not even then!! These activities require much focus and attention and often stress the muscles in the uterus and cause them to tighten, which may cause a miscarriage for a woman who has been threatening)

It is always wise, and our recommendation to get an ultrasound to find a babies heartbeat before beginning the squawvine mixture. (This should be done around 6 weeks gestation to check for viability) This mixture has been 99 percent effective in helping women with previous history of miscarriage to carry their babies to term. The babies have all been born healthy with no deformities, as these herbs are all natural and acceptable during pregnancy for the reason of preventing a miscarriage. Many things other than deformities of the baby often cause miscarriages. Hormones, stress, placental tears or not being well adhered and a lack of good nutrition can all be cause factors in miscarriages or threatened ones.