

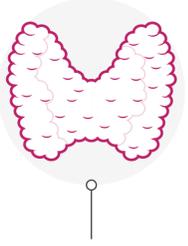
Recurrent miscarriage: recommendations for care

from the Lancet Series on Miscarriage

Investigating recurrent miscarriage

Four essential tests for investigating recurrent miscarriage

Thyroid function

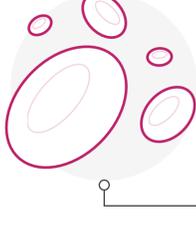


A blood test to check thyroid function. If thyroid is underactive or overactive treatment can improve outcomes

Therapeutic benefit?

YES

Lupus anticoagulant



Both these blood tests look for evidence of antiphospholipid antibodies. If positive, treatment with aspirin and heparin could improve outcomes

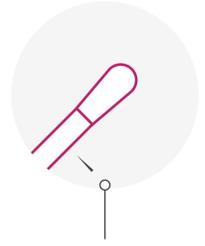
Therapeutic benefit?

WEAK

Anticardiolipin antibodies



Transvaginal pelvic ultrasound



An ultrasound test to look for issues with the womb. However, there is no clear evidence treatment improves outcomes

Therapeutic benefit?

UNCLEAR

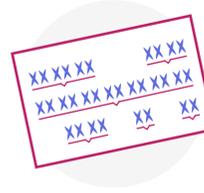
In some cases, these extra tests could also be useful:

Chromosome analysis



Chromosome analysis can help see if there were abnormalities in the miscarried embryo, and help plan future care

Parental karyotyping



Chromosome analysis of the parents can help identify problems with arrangement of chromosomes, and help plan future care

Prevention

There is no high-quality evidence yet that any treatment is useful in preventing miscarriages in women at high risk of miscarriage, but evidence suggests some treatments could help:

Progesterone

Progesterone can increase livebirth rates for women who experience recurrent miscarriage

Quality of evidence

Moderate

Levothyroxine

Levothyroxine may decrease the risk of miscarriage in women with mild thyroid issues

Quality of evidence

Low

Aspirin and heparin

A combination of aspirin and heparin may increase livebirth rates in women who have antiphospholipid antibodies

Quality of evidence

Low

Delivery of care

For the UK, a graded approach is proposed:

After first miscarriage

Women should be guided to information about miscarriage, resources to address their physical and mental health needs following pregnancy loss, and ways to improve health for future pregnancy. This could include:

- Patient support groups
- Online self-help guidance and information on preconception care, folate and vitamin D supplementation
- Referral for management of chronic medical conditions (eg, diabetes, hypertension)
- Screening for mental health issues

After second miscarriage

- Appointment at nurse/midwife-led miscarriage clinic
- Full blood count and thyroid function tests
- Referral for specialist care if tests are abnormal or a chronic medical condition exists
- Early pregnancy reassurance scans in following pregnancies

After third miscarriage

- Appointment at medical consultant-led clinic
- Additional tests and full range of treatments
- Genetic testing on miscarried embryo
- Blood tests for antiphospholipid antibodies
- Pelvic ultrasound scan
- Parental karyotyping (if needed)
- Screening and care for mental health issues and future pregnancy risks (eg, preterm birth, fetal growth restriction and stillbirth)