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## **Ask a Fertility Educator**

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**Question:** : I am 32 years old and just went through my second miscarriage at 6 weeks. What could be causing this? How soon can I get pregnant again?

**Response:** Pregnancy losses, no matter how far along you were, are a tremendous loss for the woman. It is often a hidden grief because the couple may not have told many people or anyone that they are pregnant yet. Emotions of grief, sadness, anger, confusion, doubt and even guilt can be powerful as the couple grapples with a pregnancy loss.

Early pregnancy loss (EPL) can be defined as a loss of pregnancy within the first trimester of pregnancy or 13 weeks from the last menses (American Academy of Obstetrics and Gynecology). Most early pregnancy losses are due to chromosomal defects of the embryo, especially among older reproductive age women. There are, however, many other causes for EPL. Charting using a Fertility Awareness Based Method (FABM) can be useful in providing predictors of EPL and for the diagnosis and treatment of EPL.

Couples who wish to achieve a pregnancy post EPL should try to achieve a pregnancy when they are physically and mentally ready.

A few important considerations are that the return of fertility post EPL is variable and can be as early as 13 days post EPL but as long as 100 days or more.

Also, the parameters of the menstrual cycle and in particular the luteal phase (post ovulation phase) normalizes by the second menstrual cycle post EPL.

Many couples ask about trying right away and there is not substantial evidence that achieving pregnancy soon after EPL will result in another EPL.

(Use of Fertility Awareness (NFP) After Early Pregnancy Loss December, 15, 2017, Richard Fehring)

