

(1) Common Causes of Vaginal Bleeding in Early Pregnancy

(A) Threatened Miscarriage

- Mostly occurred in the early phase of pregnancy, about 10% of pregnancies have experienced threatened miscarriage. Over 50% of pregnant women with symptoms of threatened miscarriage can still have a continuing pregnancy till confinement. Common symptoms are:
 - small amounts of vaginal bleeding, without clots or tissue mass;
 - no or occasional mild abdominal pain.

(B) Miscarriage

- Most causes are unclear
- Causes may include:
 - congenital disorders, chromosomal and genetic abnormalities, fetal malformations
 - multiple pregnancy
 - uterine abnormalities such as congenital uterine malformation and uterine fibroids.

(C) Ectopic Pregnancy

- Embryo implanted outside the uterine cavity
- Common presenting symptoms are:
 - vaginal bleeding
 - severe lower abdominal pain
 - symptoms of shock due to internal bleeding
- As the fetus cannot grow, most patients with ectopic pregnancy would need to undergo surgery or treated by medication.

(D) Cervical-vaginal diseases

- Such as cervical erosion, cervical or vaginal injury, infection or malignancy.

(2) Care Advice for Threatened Miscarriage

- The mother should:
 - have adequate rest
 - avoid injuries, strenuous exercise, exhaustion
 - temporarily abstain from sex

- Currently, medicine has not been proven to have preventive or therapeutic effect in the vast majority of early pregnancies with symptoms of threatened miscarriage. On the other hand, taking medicine without medical prescription during pregnancy should be avoided.
- If the mother's condition is stable after medical consultation, hospital admission may not be required and she can be put under continued observation at home. Obstetric and gynecologic follow-up should be arranged with the doctor's referral letter.
- The mother's condition may change at any time. Some threatened miscarriage may eventually lead to miscarriage. Seek medical attention immediately if any of the following happens after discharge:
 - vaginal bleeding increases, especially with blood clots
 - persistent or intensifying abdominal pain
 - suspected passage of fetal tissue mass (put it into a plastic bag and bring it along to an emergency department for examination)
 - symptoms suggestive of excessive bleeding, including pallor, cold sweating, palpitation, shortness of breath, dizziness, etc.
 - any other change that cause concern

The above information is for reference only. In case of doubt, please seek help from healthcare professional.

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May 2018