Dealing with miscarriage can be a difficult experience to go through and when you don’t understand the medical language or problem this can make the situation even harder. If you have been told you may have an anembryonic pregnancy, this leaflet will help you understand what this is and how we manage the miscarriage.

Anembryonic pregnancy (also referred to as a blighted ovum) is a type of miscarriage. A scan will show a pregnancy sac but no fetus developing inside it (imagine an empty egg shell). This may be discovered at an early scan but sometimes if there has been no reason to have an early scan it may not be picked up until your dating scan.

You may still be experiencing pregnancy symptoms, such as nausea, sickness, breast tenderness etc as you are still producing hormones, and this news may be unexpected. It is thought that an anembryonic pregnancy occurs due to an error early in the development. Please be reassured, that there is nothing that you or your partner did that would have caused this.

If there is any doubt that this may be an early pregnancy that has yet to form, we will arrange a further scan in a week or two to see if there has been any change or development.

Having had an anembryonic pregnancy does not put you at higher risk of this happening again. Sadly, 1 in 4 women will experience a miscarriage and most go on to have successful pregnancies in the future.

If this is confirmed as an anembryonic pregnancy then you will be offered 4 ways in which you could manage the miscarriage and a further leaflet with more details.

The options are:

- **Conservative management** – this is where you wait for things to happen naturally and a scan will be offered in two weeks to assess the situation.

- **Medical management** – this involves taking medication and a hospital admission or in some women, self management of the miscarriage at home. You will be provided with information about the different options.

- **SSM (Surgical Management of Miscarriage)** – an operation usually performed under a general anaesthetic.

- **Manual Vacuum Aspiration (MVA)**. A suction device is used to remove the pregnancy tissue in the EPU under a local anaesthetic.

If you have any questions or concerns, we are happy to talk through these with you and can also be contacted on the numbers on the reverse of this leaflet.

You will need time to grieve the loss of this pregnancy and even though you have found out that this was not a viable pregnancy, you will still have thought of it as a baby developing. Everyone deals with miscarriages differently. If you find it difficult to move on then counselling may help and you can speak to your GP to be referred.
Contact Details:
Early Pregnancy Unit/Gynae Assessment Unit
01322 425378.
Early Pregnancy Unit/Gynae Assessment Unit
Open daily 8am-6pm.
Closed on Saturdays
Open Bank holiday 9-5 pm.

Further information
NHS Choices website.
www.nhs.uk/conditions/miscarriage

Association of Early Pregnancy Units:
www.earlypregnancy.org.uk

The Miscarriage Association
Clayton Hospital
Northgate
WAKEFIELD WF1 3JS
Telephone: 01924200799

www.miscarriageassociation.org.uk

Anembryonic Pregnancy
(Blighted Ovum)

Occasionally, due to operational
IT issues, antenatal clinic
appointments and text messages
may be sent out unintentionally.
If this occurs, please accept our
c sincere apologies and ignore
them.