Abortion

**Definition:** Abortion means the termination of pregnancy before the twentieth week of pregnancy, or in other words, the delivery of a fetus weighing less than 500 grams. And it is one of the emergencies of obstetrics and gynecology. Abortion is the most common complication of pregnancy in the first trimester of pregnancy, which causes severe psychological stress in eager couples.

Cause of abortion:

Factors causing abortion in women are divided into two main categories:

**Fetal factors include:**

- Hereditary and genetic abnormalities of the fetus that are the most common cause of miscarriage. In 40% of cases, when the fetus has a genetic abnormality, the pregnancy ends in a miscarriage.

**Maternal factors:**

- Infectious diseases of the mother: rubella and sexually transmitted infections, the flu that accompanies acute fever.
- Chronic debilitating diseases in the mother: tuberculosis, cancer, hypertension and kidney disease
- Drug use and environmental factors: smoking, alcohol
- Cervical insufficiency: Excessive opening of the cervix

Note: Abortion is more common in pregnant women under the age of 20 and over the age of 40.

Note: The most common sign of a miscarriage is vaginal bleeding.

**Necessary abortion care:**

- Inform a doctor right away if you have any vaginal bleeding during pregnancy.
- Consult your doctor if you have a painless spotting.
- Inform your doctor as soon as the bleeding increases if your doctor advises you to rest at home.
- Avoid sexual intercourse until the bleeding stops.
- It is necessary to have more rest after discharge from the hospital.
- Avoid lifting heavy objects.
- The diet at home should be such that the mother does not suffer from constipation and does not push during defecation.
- The diet at home should be high-fiber foods such as fruits and vegetables, olive oil, grape and plum juice and dried figs soaked in water to prevent constipation.
- You have mild contraction pain similar to menstruation for one or more days and you will have 1 to 2 weeks of bleeding.
- Take ibuprofen or acetaminophen to relieve pain.
- Avoid intercourse, swimming, showering, and taking vaginal medications for at least 1 to 2 weeks until your bleeding stops.
- If you are bleeding profusely and feel weak, dizzy, or drowsy, call the emergency room.

**Uterine cerclage:** To prevent miscarriage in mothers who are at risk or have a history of miscarriage, your doctor may recommend cerclage. At 10-14 weeks of gestation, a suture which is made of a non-absorbable material inserted under the cervix firmly. To prevent abortion.

**Following this operation, the mother needs to rest in bed for 3-5 days.** Cervical sutures should be removed between 38-39 weeks of gestation or earlier in case of preterm labor pain. If this is done, the pregnant mother should remind the nurse and doctor about this during the visit to the clinic or doctor.

If you have any questions or ambiguities, call the following number:

023-34222235, 34220069, Delivery ward of Motamedi Hospital