

New research on the recommended long waits following miscarriages and abortions.

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Introduction

The existing guideline that a person waits six months after having an abortion or miscarriage before becoming pregnant again is being questioned by a new study. According to researchers, getting pregnant three months after losing a pregnancy seldom raises the likelihood of an unfavourable pregnancy result. According to experts, a variety of circumstances, including as age, family support, and physical condition, can influence when to become pregnant again. After a loss or abortion, the World Health Organization (WHO) advises waiting six months before attempting for a baby. Waiting is done to lessen the possibility of unfavourable pregnancy outcomes [1]. A recent study on miscarriage and subsequent pregnancy outcomes is now questioning that advice. According to their study, there is no increased chance of having a negative pregnancy outcome if a woman gets pregnant within three months of losing a baby or having an abortion. The researchers examined Norwegian data gathered between 2008 and 2016. They examined 23,707 newborns following an induced abortion and 49,058 births following a miscarriage [2].

Implications of this pregnancy study

The World Health Organization's guideline is based on some older research from Latin America that revealed there was a higher probability of a negative result for a pregnancy that followed a miscarriage or an induced abortion in less than six months. Although the evidence from Latin America was not overwhelming, some doctors did advise women to delay trying to get pregnant for more than six months based on this earlier research [3].

Guidelines for pregnancy requiring modification

We have all been acting in this manner for a number of years. Miscarriages are frequent, thus the threshold for being considered high-risk from repeated miscarriages is three pregnancies lost. According to one estimate from the March of Dimes, a group that promotes mother and child health, 10% to 15% of known pregnancies may result in losses. Women don't need to wait a long time to get pregnant following a loss or pregnancy termination. Depending on independent and individual criteria, what is deemed appropriate will vary [4]. The majority of us do advise waiting two to three months to give the uterus time to heal and the woman's menstrual cycle time to return to normal. We often advise people to wait

until they feel emotionally prepared to deal with some of the common hormonal ups and downs that women can experience during the pregnancy because we are aware that for many women, pregnancy loss is traumatic. How long a person feels they want to wait before trying to get pregnant may also depend on other personal considerations. This may entail help from the family [5].

Recommended

There are several reasons why a woman would decide to try to become pregnant before the 6-month mark.

One of them is age. Since many women today are older when they want to start a family, I have never suggested six months, and I believe that this is a very lengthy time. Even though there was little medical evidence to support it, many of us recommended waiting three months to give the patient enough time to recover physically and mentally. However, mental health issues are somewhat patient-specific and can also be considered in the context of whether the patient is a parent or has previously had trouble conceiving. The main lesson from this is that, despite how frightful and terrible it is for our patients, having one miscarriage does not automatically place you in a high-risk category.

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