

## **How Soon After a Miscarriage Can you Get Pregnant? – Facts You Need To Know**

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<https://natural-fertility-prescription.com/how-soon-after-a-miscarriage/>

How soon after a miscarriage can you get pregnant? It depends on how far along the pregnancy you were. The recovery period is anywhere from a few weeks to a few months. During pregnancy, your body secretes **Human chorionic gonadotropin (hCG)** hormones that suppress the production of ovulation-stimulating hormones. hCG levels will only start to drop after the fetal tissue is removed through childbirth or miscarriage. hCG levels must drop to zero before you can start ovulating. The length of time needed for hCG to disappear in a woman's body depends on the hCG levels she has present in her system. The further along the pregnancy you were, the higher your hCG levels are, and the longer it will take for you to ovulate again, which will affect how soon after a miscarriage you will be able to become pregnant. If you have had a miscarriage you might have vaginal bleeding similar to your monthly period lasting up to a week. **The regular menstrual cycle may resume 3 to 6 weeks after the miscarriage.** You may also experience light bleeding or spotting. Cramps in the lower abdomen may last for up to 2 days. Breast milk may leak out of your breasts which may still be enlarged. Cold compresses on the breasts or a supportive bra could provide relief. The pain usually goes away within a week. Other pregnancy-related hormones may remain in your body for up to 2 months following the miscarriage, influencing how soon after a miscarriage you can try again. The risk of another miscarriage can be minimized with proper pre-conception care. 85% of women who miscarried were able to have a successful pregnancy on the next try[1]. 75% of women who miscarried 2 or 3 times were able to have a successful pregnancy on the subsequent try[1]. There is no exact time as to how soon after a miscarriage you can try to get pregnant again. But, many doctors agree you have to wait a few months (usually three months) before you try to conceive again. The longer you wait the higher are your chances of a successful pregnancy. If you try to conceive earlier when your body isn't ready, your risk of another miscarriage is higher.

### **How to Minimize Your Risk of a Miscarriage: 8 Ways**

1. **Prepare for your pregnancy for at least 120 days** before conception.
2. **Use the preconception care guidelines** on the NFP site.
3. **Eat a balanced diet**, avoiding raw eggs, raw fish and meat.
4. **Avoid coffee**, smoking and alcohol during this time.
5. **Exercise regularly.** Choose a type of exercise you'll be able to do while you're pregnant.
6. **Reduce stress with yoga**, meditation, visualization, and breathing techniques.
7. **Treat depression from the start.** It is normal for depression to escalate in the months following the miscarriage. It is advisable that you don't wait for your depression to get worse but to address it right from the start. See a counselor and get adequate anti-depression support from your naturopath. St. John's wort and high-grade omega 3 fatty acids can help you recover from depression faster.
8. **Get adequate prenatal care** as soon as you discover you are pregnant. Keep your doctor

informed of all things involving your pregnancy.

## **How Soon Do You Ovulate After a Miscarriage & How Soon Can You Get Pregnant?**

Well without any medical intervention, it is recommended you wait **3 to 4 months** or **2 to 3 menstrual cycles** after the miscarriage. Generally, this will give you enough time to allow your uterus to recover. Your endometrial lining will be given time to heal and be thick enough to support a baby. Your hormonal levels should be back to normal. The emotional scars will start to heal as time goes by and there is no better way to overcome post-miscarriage depression than another healthy pregnancy, so take your time when wondering how soon after a miscarriage, and prepare properly. There is no need to rush. Would you like to share any thoughts on miscarriage and what helped you during that upsetting time? I would love to hear from you.

### **References**

[1] American Pregnancy Association. (2019, October 13). After a Miscarriage: Getting Pregnant Again. Retrieved from <https://americanpregnancy.org/pregnancy-loss/after-miscarriage-getting-pregnant-again/>

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