



## **Vaginal Bleeding in early Pregnancy**

### **First, knowing the difference!**

Spotting: when you notice a few drops of blood every now and again. You may notice when you wipe after using the bathroom, or on your underwear. A panty liner would be enough to contain the spotting.

Bleeding: a heavier flow of bleeding, more similar to period like bleeding. With bleeding, you need to wear a pad to keep it from soaking through your underwear and would need to change the pad over the course of the day.

### **Causes**

Light bleeding in early pregnancy is not always a bad thing. It can be caused by:

- The fertilized egg implanting in the uterus
- A subchorionic hemorrhage (small bleed behind the placenta in 1-39% of pregnancies)
- Hormonal changes
- After sex
- An infection
- A threatened miscarriage

More serious causes for bleeding early in pregnancy are:

- A miscarriage. Most women will have bleeding before a miscarriage is confirmed.
- An ectopic pregnancy: when the fertilized egg plants outside the uterus. Usually associated with pain as well.
- A molar pregnancy: which is a non-viable fertilized egg.

### **Incidence?**

Up to 1 in 4 women have vaginal bleeding in pregnancy and it is most common in the first trimester. Let your health provider know if you have had bleeding. Heavier bleeding and cramping would warrant earlier assessment.