

Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

Our vision

Accessible and efficient health care and services that adapt to the needs of Québécois.

Our goals

The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:

- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
- its willingness to question and improve its professional, clinical, and administrative practices;
- its appreciation of its personnel and the implementation of human resource management practices;
- its strong relationships with its partners.

Our values

Our actions are guided by five equal and interconnected values:

- Compassion;
- Collaboration;
- Commitment;
- Confidence;
- Consistency.

BLEEDING DURING THE 1st TRIMESTER

What you need to know



santemonteregie.qc.ca/ouest

Bleeding during the first trimester of pregnancy

The first trimester is defined as the first 12 weeks of a pregnancy.

Bleeding is common at the start of a pregnancy, happening in approximately one in five women. Usually, the bleeding is light, doesn't get any heavier, and doesn't last long. In this case, the pregnancy progresses normally, and there's no need to worry. But it can still be a good idea to see a doctor to make sure there are no complications.

Main causes

- Hormones: bleeding that happens around the time you should have started your period.
- Implantation (embryo attaching to the lining of the uterus).
- Irritation of the cervix (for example, after sex).
- A fall, accident, or blow to the stomach.
- Abnormal pregnancy or miscarriage.

Diagnosis

A diagnosis is made in one of the following ways:

- **Blood tests**
- **Endovaginal ultrasound:**
A medical imaging technique that involves inserting an ultrasound probe into the vagina to examine the uterus and ovaries.



Treatments

If the tests show that the pregnancy is progressing normally, you won't need any treatment and you'll continue to see your doctor as usual.

If the tests indicate a problem, you will be referred quickly to a gynecologist.

When to see your doctor

Consult your doctor if you notice any of the following symptoms:

- Dizziness or fainting
- Unusual shoulder pain
- Presence of blood clots or tissue
- Light to moderate bleeding: Bleeding that soaks through no more than 2 regular pads or 1 super pad in 1 hour.

Go to the Emergency department immediately if you notice any of the following symptoms:

- Severe abdominal (stomach) pain
- Heavy bleeding: Bleeding that soaks through 2 regular pads or 1 super pad in less than 1 hour, for 2-3 hours in a row.
- Chills or sweats, or a fever higher than 38.5 °C

Miscarriage

A miscarriage is a natural end to a pregnancy. It affects approximately one in five pregnancies. Most miscarriages (80-90%) happen during the first 12 weeks.

A miscarriage can be a difficult ordeal. More than half of women say they experienced real grief, and men often feel powerless to help their partner cope with her feelings.

Don't hesitate to ask for help if you think you need it. Your CLSC can refer you to a professional or a support group.

Resources:

- **Parents Orphelins - Quebec's Association of parents going through infant loss and grief** www.parentsorphelins.org/en/
- **Nos petits anges au paradis** (Only French) www.nospetitsangesauparadis.com
- **Quebec.ca** To find an infant loss support group, contact the integrated health and social services centre (CISSS) in your region. www.quebec.ca/en/
- **SOS grossesse** (Only French) www.sosgrossesse.ca

Reference:

Naitre et grandir, <https://naitreetgrandir.com/en/pregnancy/first-trimester/bleeding-during-pregnancy/>