Miscarriage recovery: advice

Assume that today's date is 6 November 2026. Ms Adela Figuerola is returning home after review today. This is original independent practice; all patient details, clinical findings and individual arrangements are fictional case facts. You are a doctor in the Early Pregnancy Unit. Using the case notes, write a letter to Ms Adela Figuerola's husband, Mr Aaron Dolan, with her consent, explaining her recovery advice, documented follow-up and when to seek urgent help. Address the letter to Mr Aaron Dolan, Flat 2, 18 Willow Road, NW3 1TJ, United Kingdom. Use sensitive language and address his question about a future pregnancy without promising an outcome. Allow 45 minutes: 5 minutes for reading and 40 minutes for writing. In your answer: expand the relevant notes into complete sentences; do not use note form; use letter format. The body of the letter should be approximately 180–200 words.

Choose one box per line: I = Include / C = Compress / O = Omit. Answers and reasons are on the webpage (scan QR).

	I	C	O
Patient details			
1. Name: Ms Adela Figuerola	☐	☐	☐
2. DOB: 14/02/1994 (32 yrs)	☐	☐	☐
3. Address: Flat 2, 18 Willow Road, NW3 1TJ, United Kingdom	☐	☐	☐
4. Husband: Mr Aaron Dolan; same address	☐	☐	☐
5. Patient consents to husband receiving written recovery advice.	☐	☐	☐
Social background			
6. Both distressed; husband requests practical instructions for home.	☐	☐	☐
7. Husband available to help with household tasks.	☐	☐	☐
8. Enjoys knitting; recently joined a craft group.	☐	☐	☐
9. Husband complained that reception staff were unfriendly.	☐	☐	☐
Medical history			
10. No chronic medical conditions.	☐	☐	☐
11. Appendicectomy in childhood; no ongoing problems.	☐	☐	☐
12. First pregnancy; no previous pregnancy loss.	☐	☐	☐
Assessment			
13. 22/10/26: USS confirmed intrauterine pregnancy.	☐	☐	☐
14. 05/11/26: bleeding, cramps and passage of tissue at 9/40.	☐	☐	☐
15. 05/11/26: repeat USS confirmed complete miscarriage.	☐	☐	☐

	I	C	O
Treatment/Progress			
16. No miscarriage medication or surgery required currently.	☐	☐	☐
17. 06/11/26: light PV bleeding; mild cramps ↓.	☐	☐	☐
18. Afebrile; observations stable; no dizziness.	☐	☐	☐
19. Home today with husband.	☐	☐	☐
Documented treating-team plan			
20. Team advice: rest PRN; avoid intercourse until symptoms resolve.	☐	☐	☐
21. Supplied urine pregnancy test: use 26/11/26 (3/52 after miscarriage).	☐	☐	☐
22. Team: positive test OR symptoms persist despite negative → contact Early Pregnancy Unit for assessment.	☐	☐	☐
23. Team: fever, worsening pain or offensive discharge → unit same day; unavailable → NHS 111.	☐	☐	☐
24. Team: pad soaked soon after application, severe abdominal pain or fainting → call 999 immediately; do not await follow-up.	☐	☐	☐
25. Doctor's telephone review booked 27/11/26.	☐	☐	☐
26. GP can arrange counselling for patient or husband.	☐	☐	☐
27. Team explained emotional recovery varies; offer support without pressure.	☐	☐	☐
28. Husband asks if next pregnancy guaranteed successful; team: cannot promise outcome; discuss trying when symptoms resolved and both ready.	☐	☐	☐