



A FREE GENTLE GUIDE

Held™

Your First 14 Days After a Loss with PCOS

What your body may be doing, what may help, and one small thing for your heart, day by day. From an RN who has been there. Go slow, mama.

— Tianna Trinidad, RN

PCOS HORMONE & OVULATION SPECIALIST · LOVE SERVED WARM

A NOTE FROM ME

Hi mama. *I'm so sorry.*

If you're holding this, you lost a baby, or a pregnancy you had already started to love.

Maybe nobody told you how much you'd bleed. Maybe you went back to work two days later, or you're googling at 2am wondering if this morning's cramps are normal. You're not overreacting. Most women walk out with a pamphlet and a 'call us if anything changes.' You deserve more than a pamphlet.

I've been a nurse in Labor & Delivery and the NICU for more than fifteen years. I have PCOS. And I lost my first baby, who I never got to bring home. Knowing the medical words didn't make it hurt any less. I went on to have my son and my daughter, but I never forgot what it felt like to be sent home with no map. So I made you a small one, for the first two weeks.

How to use this guide

- Read one page a day, or one line. That counts.
- Skip anything that isn't your story. Come back whenever you want.
- The days are loose windows, not a schedule. If your body is somewhere else, you're not behind.
- Keep the safety page close while you're still recovering.

What this is, and isn't

This is education from an RN who has been there. It's not medical care, and it doesn't replace your doctor. Think of me as the nurse-auntie who sits with you after the appointment and explains what they meant.

You held your baby in your body, in your heart, or in your hopes. All of it was real. Now it's your turn to be held.

Today's date, and one honest word for how I feel

BEFORE ANYTHING ELSE

First, are you *safe right now?*

I'm putting my nurse hat all the way on for this page. These are the signs you never sit at home with. We would much rather see you and send you home than have you wait too long. You are not being dramatic. You are being safe.

Call your doctor today, or go in

- Soaking 2 pads an hour for 2 hours in a row (or, after a later loss, even 1 pad an hour), or clots bigger than an egg
- Bleeding that gets heavier instead of lighter, or turns suddenly heavy again
- Fever or chills
- Bad-smelling discharge
- Severe pain, or pain that keeps getting worse
- Dizziness or fainting
- Shoulder pain after an ectopic (it can be a sign of internal bleeding)
- Anything that just feels wrong

After a later loss, call 911 or go to the ER

- A bad headache that won't go away, or vision changes
- Swelling, redness or pain in one leg
- Chest pain or trouble breathing
- Tell them: 'I recently gave birth.' When there's no baby with you, people can forget to think postpartum.

My doctor's number

After-hours line

Who I'll call if I need a ride in

BEFORE ANYTHING ELSE

If your heart needs help *right now*

If you ever have thoughts of harming yourself or not wanting to be here, don't wait. Call or text 988 now, or call 911 in an emergency. These are U.S. lines. Save the ones you need in your phone today.

Emergency

Immediate danger, or a medical emergency

911

or go to the ER

988 Suicide & Crisis Lifeline

Thoughts of hurting yourself or not wanting to be here

988

call, text or chat

National Maternal Mental Health Hotline

When your mood, anxiety or grief feels like too much

1-833-852-6262

call or text, 24/7

Postpartum Support International HelpLine

When you need someone who understands loss

1-800-944-4773

Spanish text: 971-203-7773

National Domestic Violence Hotline

If a partner hurts, threatens or controls you

1-800-799-7233

or text START to 88788

Crisis Text Line

When texting feels easier than talking

Text HOME

to 741741

If you're in immediate danger

Call 911 or go to the nearest ER. If a partner hurts, threatens or controls you, that is not a grieving style. It's not okay, and it's not your fault.

Other numbers I want close

My one person, my therapist, my after-hours line.

DAYS 1 TO 3

The first days: *just get through*

However early, however it ended, your body was pregnant. Your hormones rose and your body started building a home. Now it's coming back down, and that's a real physical recovery. You don't have to earn your grief with a certain number of weeks.

What your body may be doing

- Bleeding is usually heaviest at the start, sometimes with clots.
- Cramping is common.
- After medication, bleeding can be heavier for a day or so.
- After a later loss, you gave birth and your body is postpartum. Your milk may come in, and you have choices, from drying it up comfortably to pumping and donating.

What may help

- Use pads, not tampons, for now, so you can see how much you're bleeding and lower infection risk.
- Ask your doctor what pain relief is safe for you. Use heat. Rest is part of healing, not weakness.
- Eat something and drink water. Toast and eggs is enough.
- If you passed your baby at home, whatever you saw or did was okay.

One small thing for your heart

Put your hand on your belly and, if you can, say quietly: *Thank you for carrying them.* If you can't say it yet, just breathe. That counts.

How my body feels today

DAYS 4 TO 7

When the floor *falls out*

This is often when the quiet sets in. The calls slow down, and maybe you're back at work while your body is still healing. Be gentle with yourself here.

What your body may be doing

- Bleeding usually tapers to lighter bleeding and spotting. Watch the direction. Heavier instead of lighter, or suddenly heavy again? Call your doctor.
- Your pregnancy hormone (hCG) comes down slowly, so a home test can stay positive for weeks. That doesn't mean the baby is still there.
- Your pregnancy hormones drop fast, and that can feel like the floor falls out from under you.

What may help

- Keep your blood test follow-ups, especially after an ectopic or molar pregnancy.
- If seeing that line crushed you, you're not weak. Let someone hold the tests for now.
- Sleep when you can, even naps. A little morning sunlight, even on the porch with your coffee.
- Ask your doctor about baths, swimming and sex, and about your prenatal vitamin or iron. You're allowed to call for 'small' questions.

One small thing for your heart

Pick your one person. Text them: *Your job is to check on me.* I'm not okay some days, and I need someone who knows.

My one person

I texted them on

Notes

DAYS 8 TO 14

Grief lives in *your body* too

Grief comes in waves, not stairs. Falling apart in the cereal aisle after a good week isn't going backwards. It's love showing up again.

What your body may be doing

- Your follow-up appointment may be coming up. If no one told you when, you can call and ask.
- You can ovulate before your first period comes back.
- Grief can show up as exhaustion, trouble sleeping, no appetite or always hungry, aches, brain fog and a heavy chest. These usually ease with time and support.

What may help

- Keep your follow-up. Bring your questions on paper (page 9), and someone to take notes if you can. You can ask to wait somewhere private.
- One small kindness a day: water, something warm to eat, fresh air, a shower, a slow walk, rest without guilt.
- Give helpers something specific, like 'Can you bring dinner Thursday?'
- Mute, unfollow, delete the pregnancy app. Protecting your peace isn't petty.

One small thing for your heart

Hand on your heart. Breathe in for four and out for six, twice. If you named your baby, say their name. If not, just say: *I miss you.*

One small kindness I'll give my body today

FOR MY PCOS MAMAS

When your period *comes back*

This one's ours. Maybe you're waiting on a period that won't come and feel like your body is failing you twice. Your body is not failing. It's finding its way back, and PCOS makes that road a little longer.

What to know

- Women without PCOS often get a period around four to six weeks after an early loss. With PCOS it can take longer, because your hormones have to come down from pregnancy and then find a rhythm that was already a little off-beat.
- You can ovulate before your first period comes back. Not ready to try again? Talk to your doctor about protection. Ready? Ask whether they want you to wait first, and for how long.
- Tracking can wait. For some women it feels like control; for others it reopens the wound. Both are okay.

Call your doctor if

It's been a long time with no period, or you're not sure your hCG went back to zero. Not because something is necessarily wrong, but because you deserve to know where you are.

A simple bleeding log, only when I'm ready

No temps, no strips. Just the days.

DAY I STARTED BLEEDING	DAY IT STOPPED	NOTES

How tracking feels to me right now, in one honest sentence

YOUR FOLLOW-UP

Questions to ask *at your follow-up*

Bring this page with you. You're not a bother. You're a mother. Circle the ones that matter most and write their answers right here.

Appointment date

Who's coming with me

QUESTION	WHAT THEY SAID
When will my hCG be back to zero? Do I need more blood tests?	
What pain relief is safe for me?	
When are baths, swimming and sex okay?	
Should I keep taking my prenatal vitamin? Should my iron be checked?	
With my PCOS, when might my period come back? When should I call if it doesn't?	
I can ovulate before my first period. What protection, or what waiting time, do you suggest?	
After a later loss: what postpartum care and checkup do I need?	

My own questions

THE HORMONE CRASH

You're not *losing your mind*

Crying out of nowhere in the grocery store. Rage at your partner for chewing too loud. Numbness, like you're watching your own life on TV. Part of what you're feeling is grief, and part is your body coming down from pregnancy hormones, a lot like the drop new moms go through after birth. The further along you were, the bigger that drop can be.

You did not cause this

Not the coffee, not the workout, not lifting your toddler, not the night you cried, not the stress at work, not your PCOS 'being bad.' I've held the hands of so many mothers who asked me, 'What did I do?' and I've been that mother asking it myself. Put that blame down, even for a minute.

When sadness needs more help

- Depression and anxiety after loss are real, common and treatable. Postpartum depression can happen even when your baby didn't come home.
- Reach out if the heaviness doesn't lift for weeks, you can't eat, sleep or care for yourself, or panic is running your days.
- The National Maternal Mental Health Hotline (1-833-852-6262) and the PSI Helpline (1-800-944-4773) are there for exactly this.
- Thoughts of hurting yourself or not wanting to be here? Call or text 988 now. Emergency: 911.

Say it out loud to someone: 'I'm not okay today.' Who will I say it to?

JUST FOR YOU

What helps me *today*

Fill this in on any day you need it. Print a few. There are no right answers on this page.

Today's date

My body feels

Today I have permission to...

- Rest

- ☐ Cry

- ☐
- Feel nothing

- ☐
- Take my time

- ☐
- Skip

- ☐ Laugh

- ☐
- Say no

- ☐ Grieve out loud

One thing my body needs from me today

One small kindness I'll give myself

The person I'll let check on me

Something specific I can ask a helper for

One thing I'm saying no to today

What I want to remember about today

BEFORE YOU GO

If you want me to *walk the rest of the way* with you

Fourteen days is a start, not a finish line. There's no deadline on healing. If you want me to walk the rest of the way with you, that's what Held™ is for.

Held™: A PCOS Pregnancy Loss Roadmap is my self-paced course for women with PCOS after a pregnancy loss, from an RN who has been there. Body first. Heart next. Then what's next for you.

What's inside

- Your body after loss, and the why (it wasn't your fault)
- Grief, and what to do when the support isn't there
- The people around you, and coming home to your body
- Your path: Trying Again, or Finding Me Again. Choose one, switch later, or walk both.

You won't do it alone

- Six months of gentle live circles with me, every one recorded
- A private community with no pregnancy announcements or bump photos
- For Him: a short track for your partner, How to Love Her Through This
- A workbook for every module

What I want to carry with me from these 14 days

loveservedwarm.com/held

Whenever you're ready. Tomorrow is fine. Next year is fine. And if this guide is all you need, I'm so glad it found you.

You are held. Tianna Trinidad, RN