

MS02 VT11 Miscarriage

[Music]

Ally, I want to talk about your first pregnancy.

Okay.

Because that's a very exciting time in any woman's life, a couple's life. From the beginning though, you felt something wasn't right.

Something in my heart felt like a baby wasn't coming at the end of the pregnancy. I kept going back to the doctor and saying, Can I have another test? Can I have another sonogram?

But did you feel any symptoms that were off to you, that seemed strange?

The only thing I did have was some bleeding in the first trimester. I went to the ER and they were able to find the heartbeat and feel movement, and they just chalked it up to first trimester bleeding.

Right, because that so often happens with people. But you still went home and went, nah, I don't think so.

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I knew. And that was at 11 weeks, and I made it to 20 weeks. I can't put into words the pain that I felt. I couldn't go outside. I was thinking back to every single thing I did, every single thing I said, every single thing I ate, and I was like torturing myself.

It's happening, no matter when it is, so you have to go through that grieving process. How did you work your way through that to the point where you said, okay, I'm going to try again?

It's comforting to hear from other women that they also had those same thoughts and feelings, and they made it through and I knew I would eventually make it through also. And that was really the one thing that helped. It still saddens me.

Oh, I know exactly what you feel like. I know. It's a loss.

It is.

It's a real loss and you have to grieve.

But I picked myself back up, and I was pregnant again really quickly, which helped. And I had a better feeling the second time around.

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Do you feel like you're back to your old self?

I do.

You do. Is being a mom everything you thought it would be?

Yeah. It's more. It's more of everything than I thought it would be. It's more gratifying. It's more fun. It's more special. It's more exhausting. It's more of everything.

[End recording]