



# Help for During and After Your Miscarriage

(This is NOT to be considered legal or medical advice.)

We extend our sincere sympathy as you face the loss of your baby. Even though you never met him or her, he or she is a unique person created in the image and likeness of God. He or she does exist and there can be real sorrow as a result of your baby's death. We hope the below information is of assistance to you during this difficult time. May God grant you peace in your time of sorrow.

Sincerely in Christ,  
Covenant Resources Miscarriage Ministry

## Instructions for Use of Miscarriage Kit and Burial Vessel

**If you received a Miscarriage Kit (colander, squirt bottle, etc),** it is used during your miscarriage to collect your baby's remains. There are further instructions inside the kit.

**If you received a Burial Vessel,** you can place your baby in the vessel and fill the vessel with saline solution or contact lens solution. After replacing the lid, you can lay the vessel on its side to observe your baby. Visit [www.heavensgain.org/miscarriage-at-home/](http://www.heavensgain.org/miscarriage-at-home/) for more instructions.

**If you are having an early miscarriage,** it may be difficult to find your baby. Some women collect any solid matter that is discharged and place it in a vessel for burial. If the baby is not able to be seen, you do not need to add the saline or contact lens solution.

**Beware of using automatic flush toilets,** to prevent accidentally losing your baby if he or she is suddenly delivered while you are using the restroom.



## Did You Know?

- A miscarriage is when a baby is lost prior to 20 weeks gestation.
- You are not alone. Ten to 20% of known pregnancies end in miscarriage.
- You can name your baby even if you do not know if your baby was a boy or girl.
- You can bury your baby and potentially at no cost to you.
- If you miscarry, you have the right to bury your baby's remains even if the miscarriage happens in a medical facility or the baby goes to pathology for testing.
- Always check with state and facility guidelines regarding obtaining and burial of your baby's remains.
- Visit [www.covenantresources.org](http://www.covenantresources.org) or use the QR code for more info on any of the above topics.



For Casket Options,  
Visit:  
[www.elizabethministry.org](http://www.elizabethministry.org)  
or  
[www.heavensgain.org](http://www.heavensgain.org)



For Resources  
After a Miscarriage,  
Visit or Use QR Code:  
[www.covenantresources.org](http://www.covenantresources.org)  
(has a resource page)   
[www.heavensgain.org](http://www.heavensgain.org)  
(offers peer support) 



For  
Little Souls Memorial Ornaments,  
Visit or Use QR Code:  
[www.covenantresources.org](http://www.covenantresources.org)  
