



Ways To Handle A **NON-VIABLE PREGNANCY**

Accept the fact that
it cannot result in
a liveborn baby



Seek support from
friends and family

Avoid blaming yourself



Seek a counselor's
help to get over
emotional issues

Plan next pregnancy
after a break



Seek preconception
care before pregnancy

Adopt healthy
lifestyles and diet



Reference:

Early Pregnancy Loss; ACOG