

Article title: **COVID-19 and the surge in Decidual Cast Shedding**

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MyCycleStorySM Testimonials

Decidual Cast Shedding (DCS) Testimonies of Interest

Some of the respondents provided detailed descriptions of their experiences. A subset of these testimonials is presented here.

****Please note that spelling and grammatical corrections have been made, and any references to identity removed.***

1. I experienced a decidual cast, confirmed by a doctor, in late Feb. 2021. I bled for almost three weeks. The OB/GYN claimed that it was a rare anomaly. I have been using the fertility tracking method for the last year, with regular cycles of 32 days. Then I had a 41 days cycle, heavier period, brown blood (not my usual colour), clots and <passed a> sac/membrane <decidual cast>. I have pictures. Then I had a five-day cycle, eight days of no bleeding and spotting/light. I am a midwife and work very closely/bodily fluid etc. to lots of double vaccinated clients.
2. Miscarriage at seven weeks after staying the weekend with recently covid jabbed people in the same household. The baby came out in a decidual cast. A normal period followed the miscarriage. I was with those same people in a house a month later and had two periods in one month with clotting and heavier than normal, and also tested positive for HCG on a pregnancy test during a period.
3. My periods have changed; I used to have a normal flow. Now I have brown mucus, and only red blood shows when I strain when going to the toilet. I have lost four babies in 12 months. I have children & have never experienced this. I understand miscarriage happens,

but four babies in 12 months is not right! I recently had an ectopic pregnancy and had to have surgery.

4. I am a cosmetologist and have had a lot of vaccinated clients. I am not vaccinated. I have been off birth control for three years and have 100% normal periods up until now. When I first started seeing vaccinated clients, my period lasted three extra days of brown spotting. My next (most current cycle) was completely missed. Then I started it a day after it was supposed to be over. It was extremely heavy with a ton of uterine wall shedding.
5. Everyone at work got vaccinated and family came to visit that had just gotten it. A couple of weeks later <I was> very hormonal feeling, cried a lot which was unusual but shouldn't have been time for my period, and I passed two large dense clots over two days—no actual period. I started getting very weird off cycles and had heard about the weird symptoms but didn't think anything of it. I don't get super close to people at work physically. My family, on the other hand, I was hugging and sitting right next to. Then I passed clots. That's when I couldn't ignore the correlation between my period and contact with vaccinated people. The tissue sloughing was also concerning. No bleeding, just discharging a lot of tissue.
6. <Symptoms included> Intense irritability, cramping in my calves, extreme <menstrual> cramping as if I was 10 cm dilated giving birth and then had the cast two days later.
7. After my in-laws had their second Pfizer Covid vaccine, they were at our house a week later to drop some stuff off they had gotten us at Costco. I wasn't even around them; my husband was for about 20 minutes. They all stayed in the garage. Within two days of that visit, I started a vaccine induced cycle that was 1 1/2 weeks after my natural cycle had ended... <this> period started April 27, 2021. I bled until May 5, 2021. I spotted on May 6 & 7, 2021. The bleeding completely stopped by May 8, 2021. May 9, 2021 was Mother's Day, so I had to be around my in-laws. I was worried, but I couldn't skip it. So, I went and was around them both from 2 pm until 6:30 pm. By 5 pm that day my stomach started cramping but lightly and my back started hurting slightly. Later that night/next morning (my husband and I stayed up late), I went to the bathroom and that's when I noticed I was bleeding. That was around 2am on May 10, 2021, the day right after Mother's Day. This second vaccine-induced period started off with bright red blood and very tiny clots. Almost like there were micro-tears in my uterus or something. Later the decidual shedding happened. The decidual shedding happened with both vaccine-induced periods. Both vaccine-induced periods had: decidual shedding, heavy bleeding, painful cramps, back pain, headaches, nausea, pain and itching feeling in abdomen and upper abdomen (like it was inside my intestines), large clots, lasted longer than my natural cycle, and intense stabbing pain around ovaries and lower uterine area, I am still spotting from the May 10 start date, and it is May 16. I have not been around my in-laws, or anyone vaccinated since

Mother's Day. I am scared that I am now sterile. I am scared that later in life I might have complications. I am not allergic to anything. I do not have any health issues. I have never had a reaction to a vaccine. Because I am a nursing student, my immunizations are up to date except for the Flu shot. I do not take any form of contraceptive and I do not have multiple sexual partners. I have been with the same man for almost 20 years.

8. I had three perfectly easy and healthy pregnancies/births. Very healthy. I got pregnant with number four, and it seemed like a totally normal and healthy pregnancy. Felt like my other pregnancies. Then, at around six weeks, we visited with my in-laws and husband's family for almost a week. All vaccinated. Some recently. Three days after we returned home, I started bleeding and it was clear I was having a miscarriage. I passed the baby and what looks to me like a decidual cast as well. I don't know exactly, but it was a lot, especially for a seven-week-old fetus. I never have had spotting or a miscarriage, or any pregnancy complication before this. It was devastating.
9. I had a miscarriage January 9th at twelve weeks. I became pregnant and miscarried again April 12th. Both times the bleeding and clotting were extreme. Blood clots the size of softballs. I passed a decidual cast. I have two children and have had no previous issues with pregnancy. I am a massage therapist, so hands-on with many people daily who have been very recently vaccinated. During both miscarriages, my midwife and I were in disbelief at the size and amount of blood clots. It took some time to figure out some of the unidentifiable things that were passed was a decidual cast. The pain was excruciating. All of the women I work with <who are close contact/hands-on professions like massage, hairstylists, nurses etc.> have been experiencing unusual periods.
10. I'm a residential manager for an adult foster home, and I live with my five clients in the same house. All of them were vaccinated. I had some unusual bleeding after being in the same house with people who got vaccinated but not dangerous like I had a month later when one of my clients who hadn't gotten it yet required a ride to the doctor, and while there, she received the vaccination. When she got into my car to go home, she started rubbing my arm. I had a serious vaginal bleeding emergency the following night, and I soaked through an overnight pad in 30-40 minutes. I have never had a heavy period in my entire life, so this was shocking. I can often make an overnight pad last at least 12 hours on a normal period. After my decidual cast, I was in the ER for heavy vaginal bleeding. I suffered symptoms of heavy blood loss afterward for 1-2 weeks, including very pale skin (I'm not usually that white), extreme fatigue, shaky hands, and hypoglycemia. I'm on 200 mg daily of progesterone, and the ER also gave me a 1-week prescription of a medication intended to stop me from breaking up clots. The bleeding slowed down but didn't stop after I got the medication from the ER, but after about 10-15 days on progesterone, the bleeding stopped. I have Ehlers-Danlos Syndrome (EDS), a hypermobile type, and after my bleeding emergency, I was very unsteady on my feet. I have severe bilateral ankle

instability as a result of EDS. I normally have an excellent balance which prevents me from falling as often as I otherwise would, but my balance was very poor for two weeks after my bleeding emergency. I also had rapid temperature changes between feeling very hot and very cold for at least 3 to 4 weeks after my housemates got the vaccine. I'm happy to take a phone call to answer more questions.

11. <Symptoms included> an early period, a pregnancy that ended in a blighted ovum, abnormally rising HCG, high progesterone with a history of low progesterone, abnormal basal body temperature fluctuating, and passing decidual cast with miscarriage bleeding. My pregnancy was conceived in March after an early period, with temperatures that were erratic, and I couldn't confirm ovulation. HCG would not rise, then double, then rise, then double. I've had issues with low progesterone since 2014, and this pregnancy, I had abnormally high progesterone. My HCG continued rising after the miscarriage happened and ended, then dropped to zero from a high number which is very abnormal for miscarriages. I have previously negatively reacted to receiving the Tdap injection, the flu shot, Hep A and Hep B.
12. Two months ago, my period started in the middle of the night with bright red, heavy flow. Very abnormal. A month after that, I missed my cycle. This month, very heavy, clotting, decidual cast. I have not had a vaccine.
13. My periods have been very heavy with (for me at least) large clots and I passed a decidual cast, which was so uncomfortable! For the record, I am up to date on all \normal\ vaccines, minus the HPV vaccine, and the only flu vaccine I have ever had was back in 2009 when a close friend became very sick from the Swine Flu, and I had been around her prior to her showing symptoms.
14. I missed my cycle in April with some spotting at the end of April. 83 days between periods. Spotting was dark brownish red had it again after my periods at the end of May that lasted eight days. During my may cycle, I had decidual casting that came out at two separate times. A week later, I had more spitting for three days. I have not been vaccinated, but almost all of my co-workers have.
15. I have always been very regular with medium flow. In November last year, I began having pain, abnormal bleeding, passing large clots, and I passed a cast of my uterine lining. In January, my doctor put me under because it was getting worse. No polyps were found, but she noted my cervical lining was about 6mm thicker than normal. She scrapped the lining to thin it. Tissue sampling came back normal, with no polyps, and no hormone imbalances when tested. She had no explanation for why it was happening. I have had not had a regular period, only five periods this year since. My doctor feels it is related to stress. I have ALWAYS been normal, and if there is nothing off with my hormones, what is

happening? I have not had a period for six weeks at this time. I am currently having cramping, which feels like period cramps, but no bleeding. I have passed a lot of clear mucus but no blood. I am worried my lining may have thickened to a point now where it is blocking blood? I am perplexed.