

Saint Mary's Hospital
The Whitworth Clinic

Information for Patients

Medical Termination of Pregnancy (Under 10 Weeks)

Please attend:

1st Stage _____

on _____ at _____

2nd Stage _____

on _____ at _____

This leaflet aims to give you information regarding a medical termination of pregnancy under 10 weeks. If there is anything you are unsure of then please ask a member of the Whitworth Clinic team at any time.

Your treatment will be a two-stage procedure however, please note that you may be required to visit the hospital on more than these two occasions. An overnight stay and follow-up appointment may also be necessary.

First appointment - 1st Stage

The first appointment will be held at the clinic or ward within the Gynaecology department and will last approximately half an hour. You will be given a tablet called Mifepristone. This will block the hormone progesterone which is necessary for a pregnancy to continue, it prepares the uterus (womb) for the next stage of the procedure. After this you will return home for 36 - 48 hours.

Are there any side effects?

After taking the first tablet, you may experience the following:

- Feeling faint or a little nauseous.
If you vomit within two hours of taking the Mifepristone it is important that you contact the hospital and speak to a nurse. You may need to return and take another tablet.
- Headaches and skin rashes may occur.
- Slight dizziness or feeling feverish.
- You may experience cramp-like period pains. If necessary, take paracetamol and/or codeine to help with the pain (you must **not** take pain relief that contains Aspirin or Ibuprofen).
- Bleeding. In rare cases, miscarriage may occur before the second stage of the treatment.

Even if you have experienced some bleeding, it is important that you attend the hospital for the second stage of the treatment. We cannot be sure you have passed the pregnancy tissue and will need to continue with your treatment.

At home you may carry on with your normal activities. If you are concerned about your physical symptoms, in particular pain or heavy bleeding, then please contact the clinic or ward.

Second appointment – 2nd Stage

The second appointment is an admission onto Ward 62. You are advised to eat breakfast before your admission.

Misoprostol tablets will be given to you vaginally, this will cause your uterus to contract and empty (the pregnancy will be terminated).

This can be quite upsetting and there is a possibility that you could see the pregnancy tissue or fetus. We will do everything possible to help you through this experience and the nurse will discuss what will happen with you.

Women vary in their reaction to the treatment; therefore it is difficult to predict how much pain and bleeding you can expect, or how long the treatment will take. The nurse will be there to help and support you and provide any pain relieving medications you may require.

You may also experience some diarrhoea, sickness, dizziness or hot flushes. Please mention them to your nurse who can assist you in managing them.

You will be given a single room with a toilet. You may wish to bring someone with you for support and books/magazines to occupy yourself. Please also wear loose comfortable clothing and bring toiletries and sanitary towels (not tampons).

Once the termination is complete, you may be given an injection to slow down the bleeding. If the termination is not complete, you will still be able to go home, so long as you are well enough and a follow up scan will be arranged in clinic.

You can eat and drink normally throughout the treatment, unless you need to go to theatre. Your nurse will inform you if you need to stop eating and drinking.

Most medical treatments have possible side effects and risks. With this particular treatment, the main risks are excessive vaginal bleeding and an incomplete procedure.

Respectful disposal of your pregnancy remains will be undertaken by cremation (communal or individual) as per local protocols. Please ask staff if you require further information regarding this or wish to discuss this matter.

After your termination

- **Bleeding**

You may have some bleeding, similar to a period, for up to 4 weeks.

It is not unusual to have some spotting before your next period. Please use sanitary towels and not tampons during this time.

Your next period can be expected 3–8 weeks later. It may be heavier or lighter than expected.

Please refrain from sexual intercourse until the bleeding has stopped and you feel ready in yourself. You should have a daily bath or shower whilst you are bleeding, both of which will help to prevent infection. Please also refrain from water sports/swimming whilst you are still bleeding.

It is important to contact the clinic, the Emergency Gynaecology Unit or your GP if you have continuous bleeding, heavy bleeding, are passing clots, have pain or smelly discharge.

It is important to ensure the procedure is complete and these symptoms are not signs of an infection developing or that some of the pregnancy tissue has been retained. Options to resolve either of these complications will be discussed with you as necessary.

Finally, if you have been asked to come back for a follow-up scan it is important that you attend to ensure the treatment is complete.

- **Pain**

You may have some mild/moderate period-like pains. Please make sure you have some pain relief medication at home to take and do not exceed the stated dose advised by the manufacturer. If you have any prolonged or severe pain please contact the clinic, the Emergency Gynaecology Unit or your GP for advice. It is important to ensure that the procedure is complete and these symptoms are not signs of an infection developing or that some of the pregnancy tissue has been retained. Options to resolve either of these complications will be discussed with you as necessary.

- **Breast Tenderness**

Please wear a well-fitting and supportive bra to assist with any discomfort from your breasts.

- **Rest**

You may feel tired for a couple of days following your treatment. Rest as necessary and resume normal activities as you feel able. We advise that you take at least 1-2 days off work and return when you feel both psychically and emotionally able to do so.

- **Sex**

You may resume sex when the bleeding has stopped (to help prevent infection) and you feel ready in yourself and have adequate and reliable contraception.

Contraception

You can get pregnant straight away. Please make sure you have a reliable method of contraception before you resume a sexual relationship. If you haven't already decided, we can help you choose the method that is best for you.

You may also go to your GP or attend your local contraception service for advice.

Feelings

It is normal to feel a range of emotions after a termination. For example, you (or your partner) may feel relieved, sad, numb, confused or angry. It is common to feel 'up and down'. Some people feel a sense of loss after a termination, even if they were sure about their decision. This does not necessarily mean that the decision was wrong, just a difficult decision to make. However, some people can feel relieved and unburdened.

If you need to talk to someone or have any questions or worries, please contact us at the Whitworth Clinic.

Saint Mary's Hospital contact numbers:

If you have any worries, concerns or symptoms you wish to report, please contact:

The Whitworth Clinic

(0161) 276 6283 (Tuesday – Friday)

If there is no one available to take your call, please leave a message and your call will be returned as soon as possible or if urgent contact the Emergency Gynaecology Unit.

Emergency Gynaecology Unit (EGU)

(0161) 276 6204

(7 Days 8.00 am – 9.30 pm)

Gynaecology Ward 62

(0161) 276 6518 or (0161) 276 6410 (24 hours)

Useful addresses and contact numbers:

Family Planning Association (FPA)

0845 310 1334

www.fpa.org.uk

Brook

Sex and contraception advice (under 20's)

(0161) 237 3001

The Northern

Contraception, sexual health and HIV service

(0161) 701 1555

www.thenorthernsexualhealth.co.uk

NHS 111

For urgent medical concerns dial 111

(24 hours)

Sexual Health Line

Talk to someone about a sexual health issue in strict confidence.

0800 567 123

(Monday - Friday 9.00 am – 8.00 pm)

<https://www.nhs.uk/worhtalkingabout>