



Medical Termination of Pregnancy (Under 10 Weeks)

Whitworth Clinic - Information For Patients

Your treatment will involve two admissions and, in some cases, a follow-up appointment afterwards.

First Admission

The first admission will be to the clinic or ward 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. If you vomit within two hours of taking the tablet, please call the clinic or ward for advice.

After this you will be discharged home for 36-48 hours. You **may** experience some abdominal pain and/or vaginal bleeding during this time. If you need to take painkillers, take **paracetamol** only, as other drugs may interact with the treatment. If you do have bleeding use sanitary towels rather than tampons and do not have sexual intercourse during this time to reduce the risk of infection.

At home between both admissions, 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 Admission

The second admission is to the day case ward, Ward 63 and will last approximately 6 hours. You are advised to eat breakfast before your admission. Misoprostol tablets will be given to you vaginally to cause the uterus to contract and empty (the pregnancy will be terminated).

Women vary in their reaction to the treatment, therefore it is difficult to predict how much pain or bleeding you can expect. Your Nurse will help and support you, and provide any pain relieving medications you may require. You will be asked to use bedpans to monitor the bleeding. You may also experience some diarrhoea, sickness, dizziness or hot flushes. Again your Nurse can assist with managing them.

We will try to accommodate you in a single room for the second admission, if one is available. You may like to bring someone with you for support, and some books/magazines to occupy you. It is advisable to wear loose, comfortable clothing and bring sanitary towels and toiletries. You will be able to eat and drink normally during both admissions.

You will be allowed to go home six hours after administration of Misoprostol, but you may stay longer if you do not feel well enough to go at this time.

Sensitive disposal will be undertaken as per local protocols. Please ask staff if you require further information.

After Discharge

Upon discharge from hospital you will be bleeding vaginally, which could appear quite heavy initially. This bleeding may last for up to three weeks, occasionally longer. Again, use sanitary towels, not tampons, have a daily bath or shower and do not have sexual intercourse until the bleeding has stopped to reduce the risk of infection.

Most medical treatments have possible side effects and risks. With this treatment the main risks are excessive vaginal bleeding and incomplete termination. In the event that your pregnancy is not fully expelled naturally, you may need to come back into hospital to have it removed under anaesthetic.

If you are concerned about any symptoms you may have following the treatment please contact the clinic, ward or your GP for advice.

Contraception

It is important that you have considered your future method of contraception as you could become pregnant **immediately** after the termination. If you haven't already decided, we can help you choose the method that is best for you. You can also see your GP or Family Planning Clinic.

It is important that you talk to someone about preventing another pregnancy as soon as possible after your termination.

Please remember that if you are not happy with your chosen method of contraception, you should seek advice before stopping it.

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. Some people do feel a sense of loss after a termination even if they were very sure about their decision. This may not mean that the decision was wrong, but just difficult to make. On the other hand, some people feel relieved and unburdened.

If you would like to discuss your feelings, a counselling service is available to all clients, both before and/or after your termination. You may discuss this with your Nurse, who can make you an appointment, or you may contact the Whitworth Clinic.

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

Helpful Contact Numbers:

The Whitworth Clinic 0161 276 6283
8.30am – 4.30pm

Ward 62 (24 hours) 0161 276 6518
0161 276 6105

FPA (Family Planning Association) 0845 310 1334
www.fpa.org.uk

Brook 0161 237 3001
(Sex and Contraception Advice – under 20s)

Palatine Services (The Hathersage Centre) 0161 701 1555
(Manchester Family Planning)

NHS Direct (24 hrs) 0845 4647

Sexual Health Line 0800 567 123
www.condomessentialwear.co.uk

Sexual Health Clinics:

Central (The Hathersage Centre) 0161 276 5212

North 0161 627 8753

South 0161 217 4939

If you have any other questions not covered in this leaflet, please do not hesitate to ask your Nurse or Doctor.

Zero Tolerance Policy

We are committed to the well-being and safety of our patients and of our staff. Please treat other patients and staff with the courtesy and respect that you expect to receive. Verbal abuse, harassment and physical violence are unacceptable and will lead to prosecutions.

Suggestions, Concerns and Complaints

If you wish to make a comment, have a concern or want to complain, it is best in the first instance to speak to the manager of the ward or department involved.

The Trust has a Patient Advice and Liaison Service (PALS) who can be contacted on (0161) 276 8686 and via e-mail: pals@cmft.nhs.uk. They will help you if you have a concern, want advice, or wish to make a comment or complaint.

Information leaflets about the service are readily available throughout the Trust. Please ask any member of staff for a copy.

Please attend:

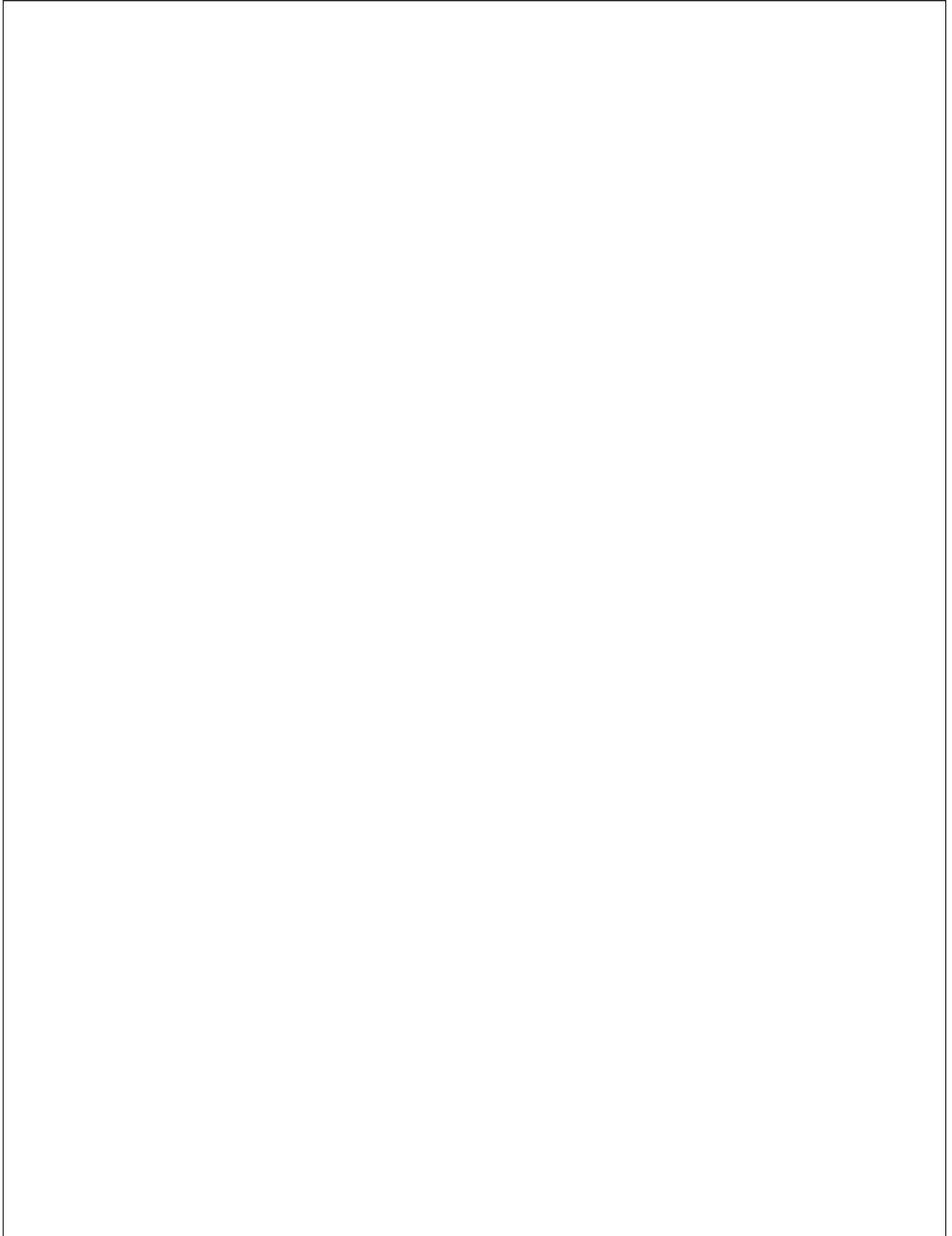
1st Stage _____

on _____ at _____

2nd Stage _____

on _____ at _____

Please use this space to write down any questions you may wish to ask:

A large, empty rectangular box with a thin black border, intended for the user to write down any questions they may wish to ask.

No Smoking Policy

The NHS has a responsibility for the nation's health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on
Tel: (0161) 205 5998 (www.stopsmokingmanchester.co.uk).

Translation and Interpretation Service

These translations say "If you require an interpreter, or translation, please ask a member of our staff to arrange it for you." The languages translated, in order, are: Arabic, Urdu, Bengali, Polish, Somali and simplified Chinese.

اذا كنت بحاجة الى مترجم، او ترجمة، من فضلك اطلب من احد موظفينا ترتيب ذلك لك

اگر آپ کو ایک مترجم، یا ترجمہ کی ضرورت ہے، تو برائے کرم ہمارے عملے کے کسی رکن سے کہیں کہ وہ آپ کے لیے اس کا انتظام کرے۔

আপনার যদি একজন দোভাষী, অথবা অনুবাদের প্রয়োজন হয়, দয়া করে আমাদের একজন কর্মীকে বলুন আপনার জন্য ইহা ব্যবস্থা করতে।

Jeśli Pan/Pani potrzebuje tłumacza lub tłumaczenie prosimy w tym celu zwrócić się do członka personelu.

Haddii aad u baahantahay tarjubaan, fadlan waydii qof ka mid ah shaqaalahayga si uu kuugu.

如果你需要翻译或翻译员, 请要求我们的员工为你安排



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