



Saint Mary's Hospital

Medical Termination Of Pregnancy (Over 10 Weeks)

Whitworth Clinic – Information For Patients

Please attend:

1st Stage _____

on _____ at _____

2nd Stage _____

on _____ at _____

Welcome to the Whitworth Clinic at Saint Mary's Hospital. This leaflet provides information about medical termination of a pregnancy over 10 weeks. If there is anything you are unsure of, please ask the staff at any time.

What Will Happen?

First Admission - Stage 1

The first admission will last approximately an hour and you will be given a tablet called Mifepristone. This will block the hormone progesterone, which is necessary for a pregnancy to continue, and it 'prepares' the uterus (womb) for the next stage of the procedure. If you vomit within two hours 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 pain relieving medication, take paracetamol only, as other drugs may interfere with the treatment. If you do have bleeding please use sanitary towels rather than tampons and do not have sexual intercourse to reduce the risk of infection.

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 Admission - Stage 2

The second admission is to the day case ward - Ward 62. You are advised to eat breakfast before your admission. Misoprostol tablets will be given to you vaginally to cause your uterus to contract and empty (the pregnancy will be terminated).

The tablets will make your uterus contract and your cervix open to allow the pregnancy to be expelled. This can obviously be quite upsetting, and there is a chance that you could see

the 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.

Once the termination is complete, you will be given an injection to slow down the bleeding.

If the termination is not complete, for example the placenta (after-birth) may not come away, you may need to go to theatre, under a short general anaesthetic, to ensure that your uterus is empty.

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.

You should plan to stay overnight, and arrange for someone to escort you home when you are ready.

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

Most medical treatments have possible side effects and risks. With this the main risks are excessive vaginal bleeding and incomplete abortion.

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

After Your Termination

Bleeding

You may have some bleeding like a period for up to 4 weeks. It is not unusual to have some spotting up to your next period. Please use sanitary towels and not tampons during this time.

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

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

If you have any prolonged or heavy bleeding, are passing clots or have a smelly discharge please contact your Doctor for advice.

Pain

You may have some mild/moderate period-like pains. Please make sure you have some pain relief at home to take and do not exceed the stated dose advised by the manufacturer.

Breast Tenderness

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

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 can also go to your GP or local Family Planning Clinic.

It is important that you talk to someone about preventing another pregnancy. 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. It is common to feel 'up and down'. 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, just difficult to make. On the other hand, some people feel relieved and unburdened. A counselling service is available to all clients, both before and after your termination. If you need to talk to someone or have any questions or worries please contact us.

Helpful Contact Numbers:

The Whitworth Clinic
8.30am – 4.30pm

0161 276 6283

Ward 62 (24 hours)

0161 701 4112 or
0161 276 6105

FPA (Family Planning Association)
www.fpa.org.uk

0845 310 1334

Brook (Sex and Contraception Advice – under 20s)	0161 237 3001
Palatine Services (The Hathersage Centre) (Manchester Family Planning)	0161 901 1555
NHS Direct (24 hrs)	0845 4647
Sexual Health Line www.condomessentialwear.co.uk	0800 567 123
Sexual Health Clinics:	
Central (The Hathersage Centre)	0161 276 5212
North	0161 627 8753
South	0161 217 4939

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

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 would like to provide feedback you can:

- Ask to speak to the ward or department manager.
- Write to us: Patient Advice and Liaison Services, 1st Floor, Cobbett House, Manchester Royal Infirmary, Oxford Road, Manchester M13 9WL
- Log onto the NHS Choices website www.nhs.uk - click on 'Comments'.

If you would like to discuss a concern or make a complaint:

- Ask to speak to the ward or department manager – they may be able to help straight away.
- Contact our Patient Advice and Liaison Service (PALS) – Tel: 0161 276 8686 e-mail: pals@cmft.nhs.uk. Ask for our information leaflet.

We welcome your feedback so we can continue to improve our services.

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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