Out-patient management of medical abortion

Please attend:

1st stage ________________________________
on ___________________ at ___________________

2nd stage ________________________________
on ___________________ at ___________________

Follow up ________________________________
on ___________________ at ___________________
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Welcome to the Whitworth Clinic at Saint Mary’s Hospital.

This leaflet aims to give you some information about Early Medical Abortion and help to answer any questions you may have. It is intended only as a guide and there will be an opportunity for you to talk to your nurse and doctor about your care and treatment to help you through this time.

If you feel the need to discuss your decision or explore your thoughts and feelings before or after the abortion, please access our counselling service. You can make an appointment on 0161 276 6283 (8.30 am–4.30 pm; answerphone available out of hours) or ask a member of staff.

The service is confidential, however, if we feel that you or another person may be at risk of harm, we may need to share information with other professionals. We would always discuss this with you.

Please let your nurse know if you do not want your GP to be contacted.

Medical abortion is a two stage procedure, although it will be necessary for you to attend the hospital least three times to ensure the treatment has been successful.

The treatment is safe and suitable for most women, but please tell the doctor or nurse if you have any medical conditions.

Most medical treatments have potential side effects or risks, with this the main risks though small are:

• Excessive vaginal bleeding.
• Infection of the womb.
• Incomplete abortion.
First Stage

The first visit will be to the clinic or ward and will last approximately half an hour. You will be given a tablet called Mifepristone. This tablet will block the hormone Progesterone which is needed for a continuing pregnancy and it ‘prepares’ the uterus (womb) for the second stage of the procedure.

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 2 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 or codeine to help with the pain (you must NOT take pain relief that contains Aspirin).

- Bleeding. In rare cases, miscarriage may occur before the second stage of the treatment.

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

After your first visit, you will be asked to return to the clinic (usually between 24 and 48 hours later) for the second part of the treatment.
Can I change my mind after the first tablet?

It is very important that you are sure of your decision at this point as it is not advisable to change your mind after you have taken the first tablet.

Second Stage

The second visit will be to the clinic or ward and will last approximately 1 hour.

A nurse will discuss with you any symptoms that you may have experienced since your first appointment. If all has been well, your treatment will continue.

There is a waiting room for relatives and friends to stay during this visit.

Misoprostol tablets will be inserted into your vagina. These tablets help your uterus to contract and empty in order to expel the pregnancy, which means you will start to bleed and experience period-like pains.

Pain relief medication and antibiotics will also be given to you at this time.

You can go home after the treatment. You should take it easy for a couple of hours. After this time you may find that moving around will ease any discomfort.

You should arrange for someone to take you home from the clinic and stay with you at home during the treatment and overnight.

The abortion usually takes place between 4 and 6 hours following the insertion of the tablets. In some cases the abortion may happen earlier or later.

During the treatment some women have very heavy bleeding and quite a lot of pain, whilst others have very little bleeding and mild pain.
What can I expect at home following treatment?

You may bleed heavily following the second visit, usually for 2–3 days, and you may even pass some large clots and tissue at the time of the abortion. This is quite normal. After this time, the bleeding will reduce but you could bleed on and off for up to 3–4 weeks following the procedure.

You can take your normal pain relief (they must not contain aspirin) to relieve any discomfort, for example, ibuprofen, paracetamol or codeine. Please ensure these are taken according to the manufacturers guidance and do not exceed the stated dose.

Period type pains may continue for up to 1 week. A hot water bottle may be helpful to ease any period type cramps.

Whilst at home you may also experience the following:

• Nausea or vomiting
• Feeling dizzy
• Temporary hot flushes or sweats
• High temperature
• Diarrhoea

If you have any concerns regarding bleeding or pain or feel you cannot manage them at home, you must contact the clinic, ward or NHS direct for further advice.
Follow up
You will be given an appointment for a blood pregnancy test approximately 2 weeks after your treatment.
It is important that you attend this appointment to confirm that the treatment has worked.
Sometimes it may also be necessary for you to have a scan.

Aftercare
• Bleeding
You may have some bleeding, on and off for up to 3-4 weeks. Please use sanitary towels and not tampons during this time to avoid the risk of infection.
Your next period may occur 3 to 8 weeks after the abortion and it may be heavier than normal (this will depend on which method of contraception you choose).

It is important to contact the Clinic, Ward or your GP if you have continuous bleeding, heavy bleeding, are passing clots, have pain or a smelly discharge.

• Contraception

You can get pregnant straight away! You must use a reliable method of contraception before you have sex again. If you haven’t already decided, we can help you choose the method that is best for you.

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

It is normal to feel a range of emotions after an abortion. You may feel, for example: relieved, sad, numb, confused or angry. It is common to feel ‘up and down’ for a while.

If you need to talk to someone, if you would like to speak to the counsellor, or if you have any questions or worries, then please call us on 0161 276 6283.

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

Helpful contact numbers:

The Whitworth Clinic
(Monday-Friday, 8.00 am-4.00 pm) 0161 276 6283
Outside of these hours call Ward 62

Ward 62 (24 hours) 0161 701 4112
0161 276 6105

Manchester Contraception and Sexual Health Service
0161 701 1555

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

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

NHS direct (24 hours) 0845 4647

NHS Choices
www.nhs.uk
Violence, Aggression and Harassment Control 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.
Please use this space to write down any questions or concerns you may have.

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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، أو ترجمة، من فضلك اطلب من أحد موظفيانا ترتيب ذلك لك

如果你需要翻译或翻译员，请要求我们的员工为你安排

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.

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