

Saint Mary's Hospital
Whitworth Clinic

Information for Patients

Out-patient medical termination of pregnancy

Please attend:

1st Stage _____

on _____ at _____

2nd Stage _____

on _____ at _____

Follow up _____

on _____ at _____

This leaflet aims to give you information regarding an out-patient medical termination of pregnancy. 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 termination, 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 the 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.

An out-patient medical termination is a two stage procedure with a follow-up appointment post- treatment.

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

First appointment - 1st Stage

The first appointment will be held at 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. 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.

After your first visit, you will be asked to return to the clinic (usually between 36 and 48 hours later) for the second part of the treatment.

Second appointment – 2nd Stage

The second appointment will be held at the clinic and will last approximately 30 minutes – 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.

You are advised to eat breakfast before your visit. Misoprostol tablets will be given to you vaginally, this will enable your uterus to contract and your cervix to open to allow the pregnancy to be passed. 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.

During the treatment, some women have very heavy bleeding and quite a lot of pain, whilst others have very little bleeding and mild pain.

If needed you should at this time take pain relief which will have been discussed in consultation with your nurse. Please ensure these medications are taken according to the manufacturers guidelines and do not exceed the stated dose.

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

The pregnancy usually passes in 4 - 6 hours following the insertion of the tablets. In some cases this may happen earlier or later.

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 this time. 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.
- Diarrhoea.
- High temperature.

If you have any concerns regarding bleeding or pain or feel you cannot manage them at home, you must contact the clinic, ward or GP 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. Please also refrain from swimming activities until your bleeding has stopped to further reduce your infection risk.

Your next period may occur 3 - 8 weeks after the termination 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 smelly discharge.

- **Contraception**

You can get pregnant straight away! You must use a reliable method of contraception before you choose to 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) and you feel ready in yourself and have adequate and reliable contraception.

- **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.

A counselling service is available to all patients, both before and after a termination. 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)

www.nhs.uk/sexualhealthprofessional/