



## **PATIENT INFORMATION LEAFLET**

# **MEDICAL MANAGEMENT OF A MISCARRIAGE (OVER 10 WEEKS) AT WYTHENSHAW HOSPITAL**

**We are very sorry for your pregnancy loss. We realise that this is a very distressing time for you. Our staff are here to support you throughout this difficult time. This leaflet aims to answer common questions but please let us know if there is anything you are unsure of.**

### **MEDICAL MANAGEMENT**

Medical management of miscarriage is completed in 2 stages 36 - 48hrs apart.

#### **First stage**

Involves taking an oral medication called mifepristone that will be given on Emergency Gynaecology Unit (EGU or F16 if already an inpatient). You will be given one tablet to swallow with water.

#### **Second stage**

You will be admitted to ward F16 where you will then be given a medication called misoprostol.

Date and time to attend: \_\_\_\_\_

### **PRE TREATMENT**

Before you can start medical treatment, you will have the following blood tests:

- Full blood count to check your haemoglobin (Hb) is at a safe level to commence treatment.
- Group and save to check your blood group in the event you need a blood transfusion or surgery
- Baseline Beta hCG level which is a hormone that is produced in early pregnancy and may be required for follow up appointments.

### **FIRST STAGE - MIFEPRISTONE**

Mifepristone blocks the pregnancy hormone and causes the placenta to ease away from the wall of the womb. Mifepristone when combined with misoprostol given at the 2<sup>nd</sup> stage of treatment, can reduce the time and discomfort experienced during a miscarriage.

Once you have taken the mifepristone tablet you will be able to go home. You will be given a date & time to return to F16 for the 2<sup>nd</sup> stage of your treatment at the top of this leaflet.

#### **Side effects of mifepristone:**

- **Sickness**

You can feel nauseous or have some sickness after taking mifepristone. If you do feel sick, you should drink plenty of water and eat small/light meals, if you can manage to do so.

If you are already struggling with sickness or would like an anti-sickness tablet at the time of the mifepristone being given, please discuss this with your nurse.

If you vomit within 2 hours of taking the tablet, please contact EGU as we will need to arrange for you to return for a further dose. After 2 hours you do not need to return.

- **Pain**

It is normal to experience period-type pains once you have taken the mifepristone tablet. It is safe to take paracetamol for stomach cramps but **DO NOT** take aspirin or any non-steroidal anti-inflammatory medicines such as Ibuprofen or Nurofen, as this can increase the risk of heavy bleeding. If you are in any doubt, please call EGU or seek medical or pharmaceutical advice. If you are already taking regular pain medication, please inform the nurse/Doctor prior to treatment. If the pain is severe/not controlled with over-the-counter pain relief, do not hesitate to contact us on the telephone numbers below for further advice.

- **Bleeding**

After taking the tablet, you may have some light bleeding, so it is advisable to wear a sanitary towel (please do not use tampons as this can increase the risk of infection). If the bleeding becomes heavy or you are worried, please contact us on the telephone numbers provided below.

**There are occasions where individuals have gone on to miscarry their pregnancy after taking the first tablet (mifepristone). Please contact the unit on the below numbers if you feel you may have miscarried at home or have concerns about symptoms. If your symptoms are unmanageable or you feel the situation is an emergency, please dial 999.**

## **SECOND STAGE - MISOPROSTOL**

Between 36-48 hrs following your 1st stage treatment, you will be admitted onto Ward F16. You will be allocated a private room for your stay, and you are able to have someone with you during your treatment. Your nurse will take a set of observations (which includes blood pressure and pulse) and provide you with an opportunity to ask questions to ensure you understand the process before starting treatment.

When you are ready to proceed, the nurse will insert 4 misoprostol tablets into the vagina. These tablets help the womb contract and allow the neck of the womb (cervix) to soften and open. A miscarriage will usually start within 3 hours. If your pregnancy tissue has not passed in this time, you will be given 3 further doses of misoprostol orally every 3 hours until your miscarriage is complete. The time this takes varies from one patient to another and therefore you should pack an overnight bag in case your treatment takes longer than 12 hours and you require an overnight stay.

### **Side effects of Misoprostol:**

- **Nausea & vomiting**
- **Loose stools (diarrhoea)**
- **Rise in body temperature**
- **Headache and dizziness**
- **Rash**
- **Cramping**

Cramping is normal and means the medication is working however if you are struggling with any of these symptoms, please let your nurse know.

- **Pain**

It is normal to experience some abdominal pain. It is difficult for us to quantify how much pain you will experience as this can vary amongst individuals; however, the pain can range from mild cramping to much stronger contraction like pains. Please let your nurse know if you have pain as they will ensure your pain is managed appropriately throughout your stay.

- **Bleeding**

Your bleeding can be very heavy, and you may pass blood clots until your miscarriage is complete. To ensure we accurately monitor your bleeding we will ask you to use bedpans, (these will be placed on the toilet seat) throughout your stay for when passing urine and opening your bowels. Please do not be embarrassed about this. Your nurse will regularly check your pads, bed pans and blood loss and monitor your observations.

Once your pregnancy has passed you may need an injection to help deliver the placenta.

### **What should I to bring?**

Loose comfortable clothing or nightwear although we can provide a hospital gown if you prefer.

Comfortable underwear, ideally disposable and maternity or nighttime style sanitary towels.

Drinks & snacks. You will be offered drinks and meals during your stay, but you are welcome to bring your own if you prefer. You can eat and drink as normal throughout your treatment. Please let us know of any dietary requirements when you attend.

Pillows, personal blankets, books/magazines, phone & charger or music. Your stay can sometimes be longer than anticipated and we want you to be as comfortable as possible. Please feel free to bring in anything that makes your stay a little easier.

Support person – you will be allowed to have one adult to stay with you throughout your stay to offer you support. This can be your spouse, partner, a friend or relative. We ask that you do not bring any children with you as this poses a safety risk. If you do have any issues with childcare, please speak to a nurse prior to attending.

Comfortable clothing and footwear to go home in.

### **WHEN CAN I GO HOME?**

You will be able to go home once the procedure is complete, your bleeding is settling, and the nurse is happy you can be safely discharged. It would be preferable to have someone take you home and stay with you overnight, however this is not essential. You will be asked to take a pregnancy test after 4 weeks, if the result is negative this confirms your miscarriage is complete. If you have a positive result you will need to contact EGU who will arrange a follow up scan or blood tests.

### **HOW WILL I FEEL?**

#### **Emotions**

Everyone feels differently, because we are all unique. Over the coming weeks and months, you can experience days when you feel completely “back to normal” but you can also have days when you feel sadness or an overwhelming sense of loss. All of these feelings are

normal, but you might find it helpful to talk to someone you know and to whom you feel close.

If you wish to talk to someone about your feelings but are unable to do so with a partner, close friend or family member you might like to consider contacting our early pregnancy loss specialist nurses or our counsellor who specialises in pregnancy loss. Their contact details are at the end of this leaflet.

## **Pain**

Following a miscarriage, you may experience period type cramping for a week or two. We advise that during this time that you get plenty of rest. You can take pain relief such as paracetamol or ibuprofen to help but please ensure you do not exceed the recommended dosage on the packet. Some women find that a warm hot water bottle can help ease discomfort.

## **Bleeding**

The amount of bleeding you have can vary. You can have light bleeding for up to 4 weeks this may be bright red or more like brown discharge or you may have very little or no bleeding at all. If you experience heavy bleeding especially if you are passing large clots, please contact EGU.

We anticipate your next period will be between 3-6 weeks following your treatment. It is normal for this to be heavier and a little more uncomfortable than usual.

## **WHEN CAN I TRY FOR ANOTHER BABY?**

It is perfectly safe for you to try for another baby when you and your partner feel ready, both physically and emotionally (providing you have stopped bleeding). For dating reasons there is an advantage in waiting for your next period. However, if you do conceive before your next period there is no increased risk of miscarriage.

If you are planning to become pregnant again, we recommend taking Folic Acid 400mcg daily whilst trying to conceive and up to the 12<sup>th</sup> week of your pregnancy as this will help the babies brain and spine to develop normally. You can buy these tablets from your local pharmacy or supermarket. Alternatively, you can contact your GP.

## **MEMORY MAKING**

Both EGU and F16 offer Memory boxes and certificates of remembrance to all patients who have suffered a miscarriage. It is sometimes possible to capture hand and footprints from a 2<sup>nd</sup> trimester pregnancy loss (12+ weeks). This is a personal choice, and we understand everyone will have different feelings surrounding memory making. Your nurse can discuss your preferences with you when you are ready.

The UK government now offer baby loss certificates for any pregnancy loss under 24 weeks. This is optional. If you would like to request a certificate, please visit:

<https://www.gov.uk/request-baby-loss-certificate>

## EXAMINATION & RESPECTFUL DISPOSAL OF PREGNANCY REMAINS

Histopathology is available to all miscarriages. You can find further information on this in our Histopathology and respectful disposal of pregnancy remains information leaflet. If you have any questions regarding this process, please do not hesitate to discuss these with your nurse.

Some miscarriages may be eligible for additional testing. Your nurse can discuss this with you and let you know what additional tests, if any, we can offer.

## USEFUL WEBSITES

### The Miscarriage Association

Tel: (01924) 200799

<https://www.miscarriageassociation.org.uk/>

### Early Pregnancy

[www.earlypregnancy.org.uk](http://www.earlypregnancy.org.uk)

### Saint Mary's Hospital Patient Leaflets

<https://mft.nhs.uk/saint-marys/patients-visitors/patient-leaflets/>

## CONTACT DETAILS

### Emergency gynaecology Unit (EGU)

(0161) 291 2561 (24 hours)

EGU is located at Wythenshawe Hospital (enter via entrance 15)



The department offers a telephone triage service. You must call and speak with a specially trained nurse before attending to plan your care.

***There are no emergency gynaecology services at Saint Marys Hospital, Oxford Road.***



### Gynaecology Ward F16

(0161) 291 5060 (24 hours) F16 is located at Wythenshawe hospital Via entrance 15



<https://mft.nhs.uk/saint-marys/services/gynaecology/emergency-gynaecology>

### Counselling Service (confidential)

(0161 276 4319 – to request a counselling referral

**Email:** [lindsay.mukherjee@mft.nhs.uk](mailto:lindsay.mukherjee@mft.nhs.uk)

**Early Pregnancy Loss Specialist Nurse**

Ashleigh (0161) 276 6571

(Monday – Friday, variable hours – answerphone available)

**Recurrent Miscarriage Clinic**

Sam & Maxine (0161) 276 6571

(Monday – Friday, variable hours – answerphone available)

***We appreciate this is a difficult time for you however if you would like to provide any feedback about your experience, you can either email [gynaevoices@mft.nhs.uk](mailto:gynaevoices@mft.nhs.uk) or complete our Friends and Family Test <https://mft.nhs.uk/the-trust/fft>***