

Information for Patients

Out-Patient Surgical Termination (Under 10 Weeks) Local Anaesthetic

This information booklet aims to provide you with information about what to expect from an Out-Patient Surgical termination.

This procedure is called manual vacuum aspiration (MVA), which can be undertaken using local anaesthetic for pregnancies under 10 weeks. This means we can carry out the procedure with you awake in the clinic and avoids the need for general anaesthetic. You can eat and drink as normal. It is a quick and convenient procedure, typically requiring a 3 - 4 hour hospital visit.

Pre-procedure

We will give you painkillers and a vaginal pessary to help soften and open the neck of your womb about 1 hour before the procedure. This makes the MVA procedure easier and safer. Some women get period type pain, bleeding or diarrhoea at this stage. You will then wait in our waiting area until you are called in for your procedure.

Procedure

The MVA will take place within the Whitworth Clinic in one of our clinic rooms. You may bring someone with you to support you or attend alone. Whichever option you wish or feel most comfortable with.

You will be asked to change into a hospital gown and then made comfortable on the clinic bed. A Nurse will be with you at all times throughout the procedure. In the room will also be a Nursing Assistant and the Doctor who will carry out your procedure.

Once you are ready, the Doctor will commence with a local anaesthetic that will be injected into the neck of the womb to numb the area. This can feel uncomfortable but should not last long. A small flexible suction tube is then attached to a syringe and will gently be passed through the neck of your womb and the pregnancy tissue will be removed.

The procedure only takes a few minutes and towards the end we expect you may have period type pains/cramps as the womb empties and will contract. There will be gas and air available if you require it. The pain will settle soon after the procedure, however If you need further pain relief we can provide it.

You will then rest on the bed for a short time and will be asked to change back into your clothes so that you may be transferred to the recovery area. Once here, you can rest in a recliner chair and we will provide you with a drink and something to eat and ask you to remain with us for around 30 minutes to an hour for observation.

Discharge

Before discharge we will check you feel well, your pain has settled and is manageable, bleeding is satisfactory, you have eaten and drank and passed urine.

You will take home a discharge letter and if you have given permission a copy of this will be sent to your GP.

No follow-up should be necessary. We will give you contact numbers should you have any queries or problems.

Risks

- There is a small risk that we may not remove all of the tissue, therefore the procedure may have to be repeated again.
- There is a small risk of bleeding, and an even smaller risk of severe bleeding, which may result in needing a blood transfusion.
- There is a minimal risk of infection, which can be treated with antibiotics.
- There is a very rare risk of perforating the uterus (hole in the womb).
- You may also feel faint during or shortly after the procedure, but this usually disappears soon after.
- Occasionally we are not able to complete the procedure for reasons such as pain or difficulty passing the suction tube and an alternative option will then be discussed with you.

Who cannot have the procedure

- Women with moderate-severe bleeding or pain.
- Women showing signs of infection.
- Women with large uterine fibroids, uterine abnormalities or previous surgery to the cervix (such as cone biopsy).

Following your termination

• Bleeding

You may have some bleeding, similar to that of a period bleed, for up to 5 - 10 days. To reduce your risk of infection please use sanitary towels and not tampons and avoid any strenuous exercise, sex and water activities during this time. Your next menstrual period should come 3 - 8 weeks after your termination (depending on contraception used this may not be the case).

If you have any prolonged pain, bleeding, passing clots, smelly vaginal discharge or raised temperature, please contact the Whitworth Clinic, the Emergency Gynaecology Unit or your GP. These could be symptoms of an infection developing or that some pregnancy tissue still remains and options to resolve this would be then discussed with you.

We will take care of the pregnancy remains following your procedure in a respectful and sensitive manner. Respectful disposal of your pregnancy remains will be undertaken by cremation (communal or individual) as per local protocols. Please ask a member of staff if you require further information or wish to discuss this further.

• Sex

You may resume sex when the bleeding has stopped, you feel ready in yourself and you have adequate contraception.

• Contraception

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

• Feelings

It is normal to feel a range of emotions following a termination. 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 about how you are feeling, or feel you need further support, then please call us at the Whitworth Clinic on (0161) 276 6283 and we can help signpost you to appropriate counselling services.

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)

<https://www.nhs.uk/worhtalkingabout>