



PATIENT INFORMATION LEAFLET

# SELF-ADMINISTRATION OF MEDICATION FOR OUT-PATIENT MEDICAL MANAGEMENT OF MISCARRIAGE (OPMMOM)

This leaflet is for women self-administering out-patient medical management of miscarriage explaining the step-by-step process on how to insert the vaginal and rectal medication. This takes place 48 hours (2 days) after your initial Mifepristone tablet that you take by mouth.

You will have been given a more detailed leaflet explaining OPMMOM. This leaflet can also be accessed on the Saint Mary's Hospital website under The Emergency Gynaecology Unit.

## HOW TO INSERT THE VAGINAL MISOPROSTOL PESSARIES

### STEP 1

Prepare clean area and wash hands.

Lay out required equipment;

- 4 x 200mg misoprostol tablets
- applicator tampon
- lubricating jelly



### STEP 2

Pull the string down to create a space for the tablets at the top.



### STEP 3

Insert all of the four tablets into the space at the top of the tampon.



### STEP 4

Apply the lubricating jelly generously.



### STEP 5

Insert the tampon and remove after two hours of giving the medication, this will have given it chance to absorb.

It is not unusual to see the tablets when the tampon is removed. Medication will have been absorbed.



## HOW TO INSERT THE RECTAL DICLOFENAC SUPPOSITORY

### STEP 1

Wash your hands. Remove the suppository from its wrapper & apply a small amount of water-based lubricant to help the suppository more easily slide into the rectum.

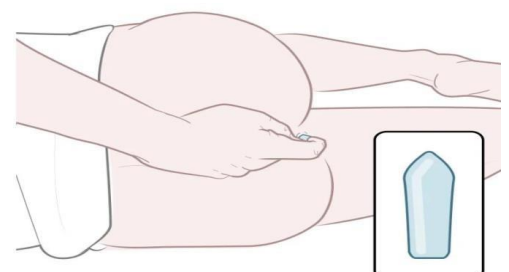


### STEP 2

Remove clothing from the lower half of the body.

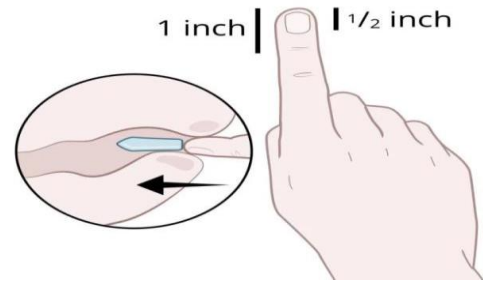
Find the correct position.

Either stand up with one foot on a chair or lie down on your left side with the top leg bent slightly toward the stomach.



### STEP 3

Relax the muscles of the buttocks and open the cheeks. Gently insert the suppository into the anus, narrow end first.



### STEP 4

Sit or lie still for 10 minutes after inserting the suppository.

Staying still allows time for the suppository to dissolve in the body.

Dispose of all materials, including the suppository wrapper and any tissue paper.

Wash hands thoroughly with soap and warm water.

## WHEN TO TAKE THE ORAL MISOPROSTOL TABLETS

4 hours after you have inserted the Misoprostol pessaries we advise you take the second dose of Misoprostol, 400mcg (2 tablet) orally.

**If you require any further information or clarification, including clarification of terminology, please do not hesitate to talk to one of the doctors or nurses, who will be happy to discuss your concerns with you.**

## CONTACT DETAILS

Should you require any additional information or help please contact:



### **Emergency Gynaecology Unit (EGU)**

(0161) 291 2561 (24 hours)

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

The department operates 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 Mary's Hospital, Oxford Road***



### **Gynaecology Assessment Unit (GAU/F5)**

(0161) 720 2010 GAU Reception / (0161) 604 5130 GAU Nurses

Monday to Friday - 07.30 - 20.30

Saturday & Sunday - 08:30 – 16:30

***GAU is located at North Manchester Hospital (Ward F5, via Entrance 1 / main entrance)***

To be seen in GAU a referral from your GP, Midwife, A&E or other health care professional is required. GAU is not a self-referral unit.



### **Early Pregnancy Loss Specialist Nurse**

(0161) 276 6571: Monday – Thursday variable hours – answerphone available



### **Counselling Service (confidential)**

(0161) 276 4319: Monday - Friday 8.30 am – 4.30 pm – answerphone available



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

## USEFUL ADDRESSES

The Miscarriage Association: [www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

Tel: (01924) 200799

Cradle Charity: <https://cradlecharity.org/>

Phone: 0333 443 4630

Email: [info@cradlecharity.org](mailto:info@cradlecharity.org)

NHS Choices: [www.nhs.uk](http://www.nhs.uk)