



## PATIENT INFORMATION LEAFLET

# INTRAUTERINE PREGNANCY OF UNCERTAIN VIABILITY WITH A CROWN RUMP LENGTH

This leaflet explains the finding of an Intrauterine Pregnancy of Uncertain Viability (PUV) with a Crown Rump Length (CRL) (an ultrasound measurement that is used during a pregnancy), this is when an embryo has been visualised on a scan but a fetal heartbeat has not yet been seen.

## WHAT IS CRL AND WHY IS IT IMPORTANT?

CRL is the measurement of the embryo from the top of the head (crown) to the bottom (rump). When an embryo's CRL measures 7mm or more we expect to see a heartbeat - defined as a viable pregnancy. If a heartbeat is not seen, this is sadly defined as a miscarriage.

When a CRL measures less than 7mm on first presentation, we cannot be sure if the scan was carried out too soon to see a heartbeat.

A viable pregnancy will be diagnosed when a heartbeat is seen in the embryo during scan.

A pregnancy of uncertain viability with a CRL will be diagnosed by a sonographer when they are able to identify an embryo within the womb but are unable to see a heartbeat within that embryo. This diagnosis only applies when the CRL is less than 7mm. It also means that you will require a further follow up scan to determine viability.

## POSSIBLE OUTCOMES

You will be followed up with a scan at least 7 days later to reassess any developments in your pregnancy. There are 3 possible outcomes:

1. Viable Pregnancy – when a heartbeat can now be seen in the embryo.
2. Miscarriage – either a delayed miscarriage because no developments are noted in the embryo or a complete miscarriage if you have experienced bleeding over the previous 7 days and unfortunately passed the pregnancy.
3. Pregnancy of Uncertain Viability – when growth has been noted in the embryo but a heartbeat cannot be visualised. We try to make this outcome the least likely by leaving at least 7 days between scans.

## WHAT TO EXPECT BEFORE YOUR NEXT SCAN

Unfortunately, with PUV we cannot make any recommendations that will improve the chance of a good outcome at the next scan. Therefore, it is encouraged that you continue to exercise, eat a healthy diet and follow the usual early pregnancy recommendations.

If you are bleeding, we recommend that you use sanitary towels rather than tampons. Although there is no evidence to suggest that having sexual intercourse while you are bleeding causes miscarriage, it is advisable to avoid this, as a precaution. Pain can be managed safely in pregnancy by using paracetamol as directed on the back of the box.

If your pain is not managed by paracetamol or you are having to change a large sanitary towel in less than 1 hour or you have any concerns, please call EGU/GAU for further advice. Phone numbers are listed below.

If you feel faint, have severe pain or vaginal bleeding and you do not feel that you can manage at home, you can return to the Emergency Gynaecology Unit at Wythenshawe Hospital which is open 24 hours a day.

**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)

The 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

***The 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 Ectopic Pregnancy Trust: <https://ectopic.org.uk/>

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)