



**Saint Mary's Managed Clinical Service Division of Gynaecology**

**PATIENT INFORMATION LEAFLET**

# **OUTPATIENT MEDICAL TERMINATION OF PREGNANCY <10WEEKS**

This leaflet aims to give you information regarding your outpatient (at home) medical termination of pregnancy, under 10 weeks. If there is anything you are unsure of then please contact a member of the Whitworth Clinic team at any time. You can find contact details at the end of this leaflet.

Your treatment will be a two-stage procedure as discussed in your consultation. Please use this leaflet as a reference/reminder of how to complete the treatment.

## **1<sup>ST</sup> STAGE - MIFEPRISTONE**

Date: \_\_\_\_\_

Time: \_\_\_\_\_

This blocks hormones to the pregnancy and prepares the womb for the 2nd part of the procedure.

This will usually cause cramping, vaginal bleeding and vomiting. If you vomit within 2 hours of taking your tablet, please call the Whitworth Clinic for advice.

## **2<sup>ND</sup> STAGE- MISOPROSTOL**

Take 36-48 hours after mifepristone, the morning of \_\_\_\_\_

This will usually cause cramping and vaginal bleeding often with clots within the first 4 hours. You may experience a fever, nausea/feeling sick, vomiting or diarrhoea.

We expect you to bleed heavily with clots for around 2 hours. If you have any heavy bleeding with clots for longer than 2 hours or pain that is not being controlled by the pain relief prescribed, please call the emergency numbers below. If you feel extremely unwell go to your nearest A&E.

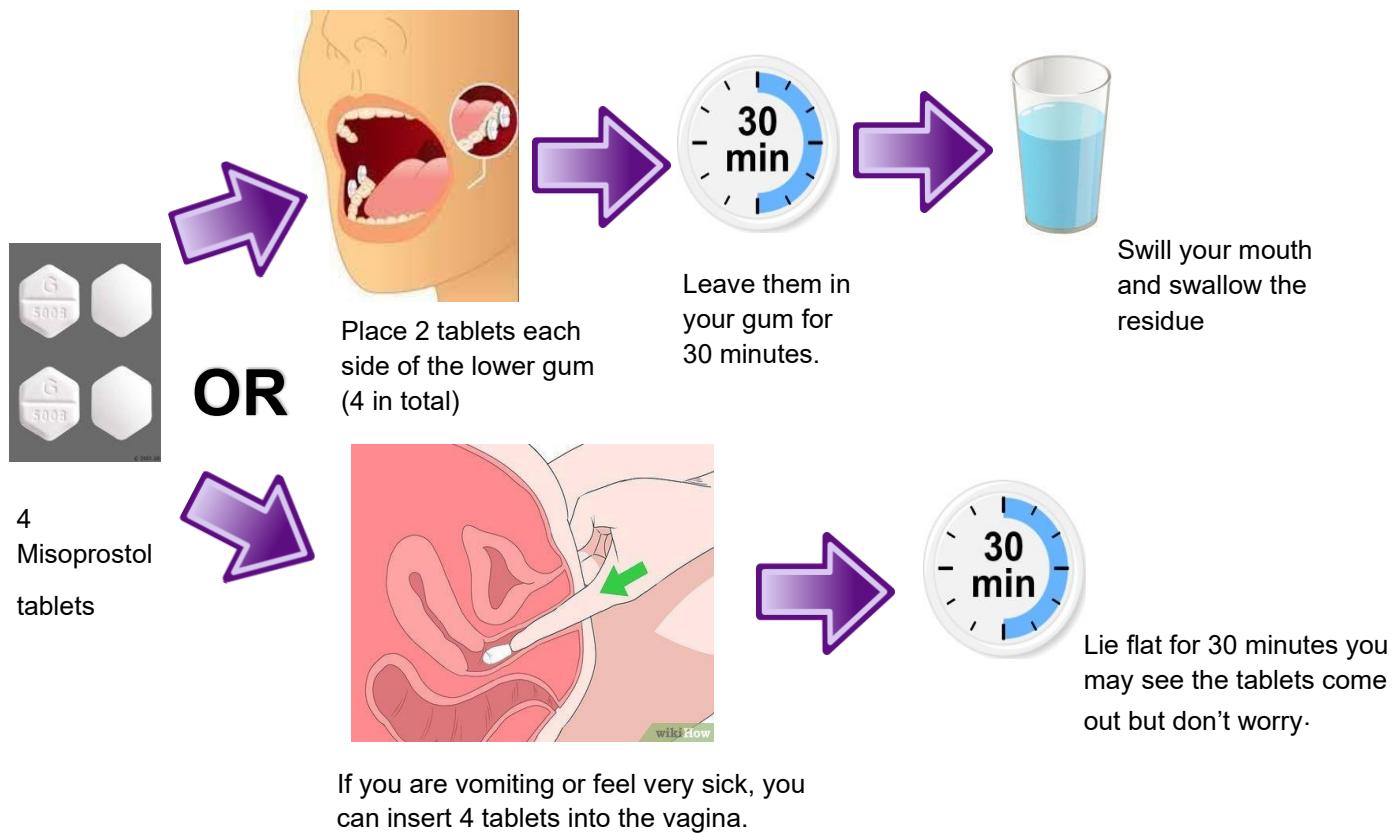
We advise that you do not need to look out for pregnancy tissue, dispose of your sanitary towels as normal and go to the toilet as normal.

## **HOW TO TAKE THE 2<sup>ND</sup> STAGE**

Have your breakfast as usual and if needed you can take anti-sickness medication.

Insert the Diclofenac suppository into your rectum/back passage. Please wash your hands with soap and water after. Insert 4 tablets of misoprostol between your gum and cheek /your lower gum two on each side. If you are vomiting/being sick insert them into your vagina. Take your pain killers as the nurses in clinic have explained.

After 4 hours, swallow the 2 extra doses of misoprostol in your pack.



If you require any further information or 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

 **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.  [mft.whitworth.clinic@nhs.net](mailto:mft.whitworth.clinic@nhs.net)

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

 **Emergency Gynaecology Unit (EGU)**  
(0161) 291 2561 24hours 7 days a week

**The EGU is located at Wythenshawe Hospital (enter via entrance 15).** The department operates a telephone triage service you need to call and speak with a specially trained nurse **before** attending to plan your care.

 **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)**