



Saint Mary's Managed Clinical Service
Division of Gynaecology
The Whitworth Clinic

PATIENT INFORMATION LEAFLET

IN PATIENT MEDICAL TERMINATION OF PREGNANCY (UNDER 10 Weeks)

This leaflet aims to give you information regarding a medical termination of pregnancy under 10 weeks. If there is anything you are unsure of then please ask a member of the Whitworth Clinic team at any time.

Your treatment will be a two-stage procedure, however, please note that you may be required to visit the hospital on more than these two occasions. An overnight stay and follow-up appointment may also be necessary.

First appointment – 1st stage

The first appointment will be held at the clinic, out-patient department or ward within the Gynaecology department and will last approximately half an hour. You will be given a tablet called Mifepristone. This will block the hormone progesterone, which is necessary for a pregnancy to continue, it prepares the uterus (womb) for the next stage of the procedure. After this you will return home for 36 - 48 hours.

For more information please see Mifepristone leaflet available via: [SMPIL-24-084-Mifepristone-for-termination-of-pregnancy.pdf](#) you will also be offered a paper copy in clinic.

Second appointment – 2nd stage

The second appointment is an admission onto Ward 62. You are advised to eat breakfast before your admission.

You will be given a single room with a toilet. You may wish to bring someone with you for support and books/magazines to occupy yourself. Please also wear loose comfortable clothing and bring toiletries and sanitary towels (not tampons).

Misoprostol tablets will be given to you vaginally; this will cause your uterus to contract and empty (the pregnancy will be terminated).

You will be asked to use bedpans each time you use the toilet. This can be quite upsetting and there is a possibility that you could see the pregnancy tissue or fetus. It is important you do not look into the bedpans after using them. We will do everything possible to help you through this experience and the nurse will discuss what will happen with you.

Reactions to the treatment can vary; therefore, it is difficult to predict how much pain and bleeding you can expect, or how long the treatment will take. The nurse will be there to help and support you and provide any pain-relieving medications you may require.

- **Pain:** You may experience moderate/intense contraction type pains.
- **Bleeding:** it is expected that you will experience moderate/heavy bleeding with clots during the 2nd stage. This will be monitored by your nurse. If there are any concerns regarding your bleeding, a vaginal examination by a Nurse/Doctor may be required to identify the cause.
- You may also experience some diarrhoea, sickness, dizziness or hot flushes.

Please mention any symptoms to your nurse who can assist you in managing them.

If the termination is not complete the same day, you will still be able to go home, if you are well enough, and a follow up scan will be arranged in clinic.

You can eat and drink normally throughout the treatment unless you need to go to theatre. Your nurse will inform you if you need to stop eating and drinking.

Most medical treatments have possible side effects and risks. With this treatment, the main risks are excessive vaginal bleeding and an incomplete procedure.

Respectful disposal of your pregnancy remains will be undertaken by cremation (communal or individual) as per local protocols. Please ask staff if you require further information regarding this or wish to discuss this matter.

After your termination

- **Bleeding:** You may have some bleeding, similar to a period, for up to 4 weeks.

It is not unusual to have some spotting before your next period. Please use sanitary towels and not tampons during this time.

Your next period can be expected 3–8 weeks later. It may be heavier or lighter than expected.

You should have a daily bath or shower whilst you are bleeding, both of which will help to prevent infection. Please refrain from water sports/swimming whilst you are still bleeding due to an increased risk of infection.

It is important to contact the clinic, the Emergency Gynaecology Unit or your GP if you have continuous bleeding, heavy bleeding, are passing clots, have pain or smelly discharge.

It is important to ensure the procedure is complete and these symptoms are not signs of an infection developing or that some of the pregnancy tissue has been retained. Options to resolve either of these complications will be discussed with you as necessary. If you have been asked to come back for a follow-up scan it is important that you attend to ensure the treatment is complete.

- **Pain:** You may have some mild/moderate period-like pains. Please make sure you have some pain relief medication at home to take and do not exceed the stated dose advised by the manufacturer.

If you have any prolonged or severe pain please contact the clinic, the Emergency Gynaecology Unit or your GP for advice. It is important to ensure that the procedure is complete, and these symptoms are not signs of an infection developing or that some of the pregnancy tissue has been retained. Options to resolve either of these complications will be discussed with you as necessary.

- **Breast Tenderness:** Please wear a well-fitting and supportive bra to assist with any discomfort from your breasts.
- **Rest:** You may feel tired for a couple of days following your treatment. Rest as necessary and resume normal activities as you feel able. We advise that you take at least 1-2 days off work and return when you feel both psychologically and emotionally able to do so.
- **Sex:** You may resume sex when the bleeding has stopped (to help prevent infection) and you feel ready in yourself and have adequate and reliable contraception.

Contraception

You can get pregnant straight away after a termination of pregnancy.

Please make sure you have a reliable method of contraception before you resume a sexual relationship. If you haven't already decided, we can help you choose the method that is best for you. You may also go to your GP or attend your local contraception service for advice

Feelings

It is normal to feel a range of emotions after a termination. For example, you (or your partner) may feel relieved, sad, numb, confused, or angry. It is common to feel 'up and down'. Some people feel a sense of loss after a termination, even if they were sure about their decision. This does not necessarily mean that the decision was wrong, just a difficult decision to make. However, some people can feel relieved and unburdened.

If you need to talk to someone or have any questions or worries, please contact us at the Whitworth Clinic.

CONTACT DETAILS

If you have any worries, concerns or symptoms you wish to report, please contact:

The Whitworth Clinic



(0161) 276 6283 (Monday– 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) - Wythenshawe Hospital (enter via entrance 15)



(0161) 291 2561 (24 hours)

EGU operates a telephone triage (assessment) service you must call and speak with a specially trained nurse before attending to plan your care.

Gynaecology Ward 62 - Saint Mary's Hospital



(0161) 276 6105 OR (0161) 701 8548 (24 hours 7 days a week)

There are no emergency Gynaecology or early pregnancy services at Saint Mary's Hospital, Oxford Road

Useful addresses and contact numbers:

NHS

Information and advice about sexual health, including contraception and sexually transmitted infections (STIs)

www.nhs.uk/live-well/sexual-health/

Brook

Sex and contraception advice
Online advice

www.brook.org.uk

Face to face clinics available for young people, please check the website for more details of your local clinic and age restrictions

The Northern

Contraceptive, Sexual Health and HIV service
(0161) 701 1555

www.thenorthernsexualhealth.co.uk

NHS 111

For urgent medical concerns dial 111 (24 hours)

National Sexual Health Helpline

Talk to someone about a sexual health issue in strict confidence.

0300 123 7123

(Monday - Friday 9.00 am – 8.00 pm)

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