

Patient Information Leaflet

Your guide to Early Medical Abortion

Produced by:
Pregnancy Advisory Service

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If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.

Polish:

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

Russian:

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

Turkish:

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

Bulgarian:

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, попитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

Czech:

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

Bengali:

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টেলিফোনে ইংরেজি কথা কতে জিজ্ঞাসা করুন এবং সাহায্য করুন

You have chosen to have an early medical termination of pregnancy. This leaflet aims to help you understand what to expect during the process and the next few weeks. It also tells you when to seek medical advice and where you can get the help if you need it.

What to expect

You will need to attend hospital for 2 appointments in total:

Visit A – initial assessment and first set of medication

Visit B – second assessment and second set of medication

Visit A

On at

This visit will take place in the Sexual Health Services (SHS) Department clinic and will last approximately half an hour. During this visit you will be given a tablet by mouth called Mifepristone.

You should not feel any different after taking this pill and can continue your normal day-to-day activities. If you vomit, for any reason, within three hours of taking this tablet, you will need a further dose of Mifepristone. If this happens, please telephone us **immediately** on 534202 for advice. You may have some vaginal bleeding. You should use a thick, absorbent sanitary towel for this and not a tampon. This will make it easier to assess any blood loss.

Approximately 1–2 % of women will have their abortion having taken the Mifepristone alone. If this happens you will pass some clots and have some cramps, but these will then ease off once the clots have passed.

Visit B

At the beginning of visit B, you must inform us if you have bled after visit A.

Visit B will take place in the Sexual Health Services Department and will take approximately 1 hour.

Please wear comfortable clothes and bring some thick, absorbent sanitary towels with you. **You are strongly advised to be accompanied by an appropriate adult for the duration of this visit.**

You will need someone to drive you home afterwards and remain with you for 24 hours following the procedure. This will need to be confirmed before treatment is started.

On at you must come to the SHS department for the second half of the abortion.

You may eat and drink normally.

You will be given a pain killing tablet. This will reduce the pain you may get with the cramps caused by the Misoprostol. You will also be given an oral anti-sickness tablet.

If your pregnancy is more than seven weeks, the nurse will place 4 tablets (Misoprostol) high up in your vagina. You will then be asked to lie down on one of the private couches provided, for 30 minutes. This lets the medicine get absorbed into your body. Do not worry if the pills fall out after 30 minutes have passed.

If your pregnancy is less than seven weeks, you will be given 2 tablets (Misoprostol) to dissolve in your mouth, between your cheeks and gums.

You will be given 2 more Misoprostol tablets to be taken at home (by mouth) about 4 hours after the first dose. This is to increase the chances of the abortion being completed.

Once at home, you should keep mobile but stay inside. We will telephone you at lunchtime to check on your progress.

A further oral dose of Misoprostol may be given later, if required.

Effects of Misoprostol

- Bleeding

Misoprostol (the second medicine) causes cramping and bleeding, often with clots. The cramps and bleeding may be much more than you get with a period. The cramps usually start 2 to 4 hours after the pills are inserted and may last for 3 to 5 hours.

Although you may have a lot of bleeding, it is not dangerous; this means that the treatment is working. You may pass some large clots.

The heavy bleeding will usually settle once the abortion is complete, however, you may continue to get some bleeding for 9–16 days and it may stop and start several times and can persist up to your next period. You should again use a sanitary towel and not a tampon for this.

- Cramps

You may have a lot of pain and cramps. If so take the painkillers as prescribed. A heat pad or hot water bottle can also help to relieve the pain.

Some women get nausea, diarrhoea or chills for 2–3 days after taking the second medicine. This is uncomfortable but not dangerous, and does not mean anything is wrong.

If you are still experiencing any of these after 2–3 days, please contact your GP.

You may use paracetamol to help with the chills.

You should contact us if your bleeding becomes very heavy (e.g. soaking through two large sanitary towels in an hour, for more than two consecutive hours), or if your pain becomes severe and is not responding to the painkillers that you have been given.

On the day of visit B, we can be contacted on 01983 534571 until 5pm.

From 5pm until 5pm the following day, please telephone 01983 822099 and ask to speak to the Gynae on call doctor.

After 5pm on the following day please contact your GP or A&E, if necessary.

Antibiotics

Antibiotics are prescribed for women undergoing this procedure, and will be given at the time of the procedure on visit B. These consist of four oral tablets and one rectal suppository.

To reduce the risk of infection of the womb, you should refrain from sexual intercourse for 3 weeks from visit B.

After your abortion

On discharge from visit B, you will be issued with two pregnancy tests, instructions on how to do them and a urine collection pot, for 3 weeks after visit B. If this is negative, no further action is required.

If the first pregnancy test is positive (this can be quite normal after an EMA), you need to repeat the pregnancy test one week later. If the second test is negative, no further action is required. If the second test is still positive, please call 01983 534202/01983 534571 and ask to speak to a pregnancy advisory service nurse for advice and onward management.

Immediately after your procedure do not do any heavy lifting. You can return to work and most activities within a day or two of your abortion.

Contraception is vital to prevent a further pregnancy, and will have been discussed with you at assessment clinic.

If you have chosen the contraceptive pill, implant, or injection, these will be given at visit B. Should you wish to have a coil fitted, an appropriate appointment will be booked for you.

In the following weeks

You should seek medical advice:

- If your vaginal loss becomes very heavy or offensive smelling.
- If you have a high temperature, fever or the shakes.
- If you have severe stomach pains.

In the event of any of the above please contact your own GP. Out of hours please call the urgent care hub on 111.

Emotions

The majority of women say they feel relieved once the abortion is over. Feelings vary from person to person and are sometimes dependent on your circumstances. The decision to end a pregnancy can be difficult. A great deal of psychological research has been carried out on the psychological effects of abortion and suggests that though most women feel sad at the time, they have no long term depression or anxiety after abortion.

By talking to a supportive friend or relative, most people find that they can come to terms with their feelings. Or if you would like to talk to one of us, we will gladly arrange an appointment to see you.

Please telephone **(01983) 534202 Monday–Friday, 9am–5pm.**

Contact numbers

British Pregnancy Advisory Service: 0857 304030

Brook (information on contraception and sexual health for young people): 020 7284 6040 (www.brook.org.uk)

St Mary's Hospital Chaplain: 01983 534639

Samaritans: 01983 521234

Youth Trust: 01983 529569

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If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.