



Patient Information Leaflet

Your guide to medical management of miscarriage

Produced by:
The 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

This leaflet aims to help you understand what to expect during the process and over 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

Appointment date & time:

This will take place at the Early Pregnancy Assessment Unit (EPAU which is situated in the North Hospital in lower maternity) and may last for several hours.

You must have someone to drive you home afterwards and remain with you for 24 hours following the procedure. This will be checked BEFORE treatment is commenced.

You will be given medication called Misoprostol, this works by relaxing the cervix and making the uterus contract, this is similar to a natural miscarriage. The nurse will place 4 tablets (Misoprostol) high up in your vagina. You will then be asked to sit or lie down on one of the private couches provided, for at least 30 minutes. This lets the medicine get absorbed into your body. Do not worry if the pills fall out after 30 minutes have passed.

You will be given an oral anti-sickness tablet at the same time and offered pain relief.

You may be given two more Misoprostol tablets to take 4 hours later at home. These should dissolve under the tongue. This is to increase the chance of the miscarriage being completed.

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

Effects of Misoprostol

Bleeding

Misoprostol 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 and you may notice some products of conception within these clots.

The heavy bleeding will usually settle once the miscarriage 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 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 Misoprostol. This is uncomfortable but not dangerous, and does not mean anything is wrong. You may use paracetamol to help with the chills.

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

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 your treatment, we can be contacted on 552175 until 5 pm.

From 5pm until 5pm the following day, please telephone 524081 and ask to speak to the Gynae on call doctor.

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

Antibiotics

Women undergoing this procedure may be given antibiotics if appropriate. These consist of four oral tablets and one rectal suppository.

You should not have sexual intercourse for 3 weeks after your appointment to reduce the risk of infection in the womb.

After your miscarriage

Immediately after your procedure avoid any heavy lifting. You can return to work and most activities within a day or two of your treatment.

Please DO NOT perform a home pregnancy test, within three weeks as they can remain positive after the procedure.

Contraception is vital to prevent a further pregnancy, this will be discussed with you and provided or booked as appropriate. Should you wish to have a coil fitted this needs to be 4 weeks after your treatment.

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 go straight to the Accident and & Emergency Department at St Mary's, or contact the out of hours GP service on 111.

Follow up

Three weeks after your treatment you need to take a pregnancy test.

If the pregnancy test is negative and the bleeding has stopped with no other symptoms, no further action is required.

If the test is positive and/or bleeding continues, please phone EPAU on 552175.

Occasionally the consultant may wish to see you 2 weeks after your treatment, this appointment will have been made during your assessment in the Pregnancy Advisory Service.

If you have difficulty coming to terms with any aspect of your procedure, specialised counselling may be helpful. The contact number is 534202.

Please use this space to write down any questions you may wish to ask:

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.

If you require this leaflet in another language, large print or another format, please contact the PALS Team, telephone **01983 534850**, who will advise you.

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.