

Patient Information Leaflet

Surgical Termination of Pregnancy (TOP)

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 টলেফিে ন ইংরেজি কথা কটে জিজ্ঞাসা করুন এবং সাহায্য করুন

You will have been given a date for your surgery. The operation is a minor one and will take place at the Day Surgical Unit. This is well signposted from the main entrance to the hospital. If all is well, you will be allowed home a few hours after the procedure.

Please remember to have the blood test as advised at your assessment appointment. Your operation may be cancelled if the results are not available.

Please arrive at the unit by **11:30am** on the morning of the procedure.

You may have a light, early breakfast, and then no more food after 7:30am on the morning of admission. You may have a glass of water before 9:30am but nothing else after this time.

Please have a bath or shower on the morning of your admission. You cannot wear make-up or jewellery. All body piercing, including tongue studs, must be removed. It is also important to remove all nail varnish (although acrylic nails may stay on). If you usually wear contact lenses, please wear glasses as your lenses will have to be removed before your operation.

Do not drink alcohol and try not to smoke for 12 hours before your appointment.

Items to bring with you

You will need:

- Dressing gown or similar.
- Slippers or flip flops.
- Sanitary towels (thick and absorbent – not tampons).
- Wash bag/hand towel/toiletries.
- Reading material.

You must have a responsible adult to collect you and stay with you for 24 hours post operatively. You will not be allowed to drive for 48 hours after your operation and you must not travel home by bus.

Before the operation

Surgical termination of pregnancy is a minor operation. On admission to Day Surgical Unit, the nurse will check your details and going home arrangements. Both the surgeon and anaesthetist will come and have a chat with you to make sure you are happy with the choices you have made.

Giving your consent

Before a doctor or other health professional examines or treats you, they need your consent.

Sometimes you can simply tell them whether you agree with their suggestions. However, a written record of your decision is essential before any surgical treatment. You will be asked to sign a consent form, after being given full information concerning success rates and potential risks. If you later change your mind, you're entitled to withdraw consent – even after signing, but before the procedure takes place.

The operation

Two hours before the operation, tablets (pessaries) will be inserted into your vagina in order to soften the neck of the womb (cervix).

You will also be given Paracetamol tablets, by mouth, so that they are working by the time you wake up, as some people experience abdominal cramps after the operation.

When the time comes for your operation, the anaesthetist will give you an injection in the back of your hand, which will quickly send you off to sleep. The cervix is gently stretched and opened until it is wide enough for the contents of the womb to be removed with a suction tube. The extent to which the cervix needs to be opened depends on the size of the pregnancy. The whole process only takes a few minutes. If you have chosen to have contraception during the procedure, this will now be administered. You will be given an antibiotic suppository to help cover you against infections. You will wake up a few minutes after the operation is over.

After the operation

After the operation, you will wake up in the recovery area before being taken back to the ward. Once you are fully awake, you will be offered a drink and a biscuit or some toast. You will be given an oral antibiotic, again to minimise the risk of infection.

Your expected discharge time will be between 5pm—7pm.

You may continue to have period pains for a day or two. Paracetamol or Ibuprofen should be adequate for this. Following the procedure, you will have some vaginal bleeding, which should have stopped by the time of your two week post abortion check with your GP. Please use sanitary towels instead of tampons to reduce the risk of infection. Sexual intercourse should also be avoided, for 3 weeks for the same reason and to give time for your Chlamydia results to be known. Your next period will usually arrive in the 4–6 weeks following your operation.

Risks after terminations

Infections are the most common problem after abortions, but the majority are easily treated with antibiotics. You will have been given antibiotics at the time of your abortion to help prevent an infection occurring or spreading. Very occasionally, the womb is not completely emptied of its contents and you may need further treatment.

It is important to seek medical help if:

- Your vaginal loss is very heavy or offensive.
- You have a high temperature, fever or rigours.
- You are suffering stomach pains.
- You still feel pregnant.

During normal working hours, please contact **your own GP** or the **Pregnancy Advisory Service, Sexual Health Service (01983) 534202**.

For out of hours services please phone 111.

At home after your operation

Your GP or referring doctor will normally receive notification that you have had an abortion, and you are advised to contact your GP should you have any concerns following the abortion. During your assessment you were screened for various infections, including Chlamydia. You will be contacted if any results are positive.

There should be no further problems with future fertility provided the procedure has not had any complications, although it is suggested that there may be a higher risk of miscarriage or early birth.

You may return to work and most activities within a day of your surgery. Do not do any heavy lifting immediately after the procedure. Please do not perform a home pregnancy test as they can remain positive for many weeks after a successful procedure.

Contraception

Contraceptive counselling will have been given at your assessment appointment, and you will be supplied with the contraception of your choice. Please use a reliable method of contraception immediately after your abortion as ovulation will occur before your next period. If you opted to have the Depo injection, an implant or the coil (IUD) fitted, you will be given this at the time of your operation. Contraceptive pills should be commenced within 24 hours of your surgery.

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, as mentioned at assessment, 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.**

Alternatively, if you would like to talk to somebody else, you may find the following numbers helpful:

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

Other useful contacts

St Mary's Hospital Switchboard: 01983 822099

St Mary's Hospital Day Surgical Unit: 01983 534321

Sexual Health Service: 01983 534202

Please use this space to write down any questions that you may want to ask on the day.

Dates to remember

Blood test due date:

Date of Procedure:

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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.