

Medical Termination of pregnancy

STAGE 1

We hope this information will help to answer some of the questions you may have about being in hospital and having your procedure. Our aim is to give you the best possible care and consideration during this time.

A medical termination is performed in two stages. The following information may help you throughout your procedure. The first stage involves you taking a tablet by mouth. The second stage (48 hours later) involves the doctor/nurse inserting medication into your vagina.

If there is anything you are unsure about please ask a member of staff before starting your procedure.

An appointment has been made for you to come to
..... for your tablet on
..... at

You will have the opportunity to ask any questions. The nurse will give you a tablet to take by mouth. After taking the tablet, you can go home. Once you have taken the tablet, you cannot change your mind about having a termination.

Please avoid:

- smoking or alcohol once you have taken the tablets until your treatment is complete.

It is normal to experience nausea/sickness, some slight bleeding and mild pain during the time before the second part of your treatment, you can take Paracetamol for pain. Use sanitary towels not tampons for any bleeding you may experience to help prevent any infection.

You should not experience severe pain or heavy bleeding.

If you are concerned about any of the symptoms you are experiencing please ring Ward G5 at Doncaster Royal Infirmary on 01302 553163, Gynaecology Out-patient department at Doncaster Royal Infirmary on 01302 381361, or Ward B6 at Bassetlaw Hospital on 01909 502254.

The ward staff may only need to reassure you, however, they may need to advise that you be admitted into hospital.



STAGE 2

A further appointment for the second stage of your treatment has been made for you: Date Time
Ward

It is difficult to specify how long this stage of your treatment will last. Each individual case will be different. You may need to be in hospital for most of the day or until the procedure is complete. Sometimes it will be necessary to stay overnight.

You will have a named nurse who is available to support and reassure you throughout the procedure. The nurse will answer any questions you may have. The second stage involves inserting medication in the form of tablets into your vagina. Once the medication has been inserted, you will be advised to remain in bed for the next hour. This will ensure the medication dissolves in the right place (around the neck of the womb). Further doses of the tablets may need to be given by mouth at three hourly intervals, depending on the gestation of the pregnancy.

You will experience tummy cramps. This is normal and means the medication is working. The doctor will prescribe pain killing tablets.

You may also experience some sickness or diarrhoea, which can be helped by medication if necessary.

You will be asked to use bedpan liners each time you go to the toilet so that the nurses can monitor the progress of your treatment. It is normal to have vaginal bleeding prior to the loss of the pregnancy.

Once the procedure is complete, you will stay in hospital for approximately two hours. Your procedure and the length of your stay in hospital will depend on your individual circumstances. Following your procedure, if you are not bleeding too heavily and feel well enough, you can go home. Please ensure that you have arranged for someone to take you home. A follow up scan may be required later, you will be informed if this is necessary.

Benefits and risks

The benefits are to safely terminate the pregnancy without a general anaesthetic. As with all procedures, there are some risks, that will be discussed with you, by the Doctor, before you sign the consent form.

The possible risks are:

- haemorrhage (extremely heavy bleeding)
- infection
- incomplete procedure
- failed procedure.

It may be necessary for additional procedures if, any of the above complications should arise, this will also be discussed when signing the consent form. If the procedure has failed or is incomplete an operation may be necessary to remove the retained tissue at a later date.



Please remember that these risks are rare, you need to be aware so that you are able to make an informed choice.

Discharge advice

You may bleed for 7 to 10 days following the procedure. You may feel strong abdominal cramping which can increase and become very painful especially when clots or tissue are passed, this is because the uterus is contracting and pushing. You may also have heavy bleeding and pass blood clots, you may see tissue or the pregnancy as it is passed. The bleeding should be period like, becoming less until it disappears. It is possible you will pass a small amount of 'tissue' from the pregnancy, this may occur with some bleeding. This is acceptable, providing the blood loss is not very heavy or prolonged and you feel well. You can continue to take pain killers as directed.

There is a small risk of haemorrhage (extremely heavy bleeding). If you have very heavy bleeding or severe pain and/or feel faint or unwell you can attend Accident & Emergency at any time.

To help prevent the possibility of an infection occurring, it is necessary to take the following precautions:

For the next three weeks, please avoid:

- sexual intercourse
- tampons or putting anything into the vagina
- swimming.

If you experience any flu-like symptoms, fever, smelly vaginal discharge or tummy pains please contact your GP, as it could be a sign that you have an infection. Please remember there is no right or wrong way to feel following a termination. If you are having difficulties coping with your feelings try talking to someone you feel comfortable with. This may be all you need. However, if you find you are, still unable to cope then you may benefit from professional help. Your GP can refer you to the appropriate services if required.

All patients are advised to do a urine pregnancy test three weeks following their termination. Please contact the Early Pregnancy Assessment Unit if the test is positive (contact listed below).

Contraception

Please remember you could get pregnant again soon after your termination and before your next period. Therefore, it is sensible to choose suitable contraception as soon as possible, this will be discussed with you at your clinic appointment and your chosen contraception will be arranged, before you are discharged from hospital. Information leaflets are available please ask a member of clinic staff. If you do not have a regular partner, it is sensible to use condoms to protect yourself from sexually transmitted diseases.



Confidentiality

Any information you give throughout your hospital attendance is completely confidential and your privacy and dignity will be respected at all times. You may need referring to other healthcare professionals. If you have any concerns please speak to the clinic staff.

Useful telephone numbers:

Emergency contact:

Doncaster Royal Infirmary

Ward G5, Tel: 01302 553163

Gynaecology Out-patient department, Tel: 01302 381361

For advice: Early Pregnancy Unit, Tel: 01302 553161

Bassetlaw Hospital

Ward B6, Tel: 01909 502254

For advice: Early Pregnancy Unit, Tel: 01909 502307

(8.00am - 2.30pm Monday - Friday)

Emergency NHS contact: **111**

Contraception useful telephone numbers:

Contraception/GU medicine / Sexual health clinic:

Ryton Street, Worksop, **Tel: 01909 506418**

Retford Hospital, Retford, **Tel: 01777 863355**

Doncaster Royal Infirmary, Doncaster, **Tel: 01302 553111 or 553112**

East Laith Gate House, Doncaster, **Tel: 01302 640040 or 640044.**

CASY, Counselling & Support for Young people, (age 9 - 24 years)

Tel: 07968 517026

www.casy.org.uk

Talkzone, Centre Place, Worksop

Free counselling in a safe & confidential environment for young people, (aged 16 - 25 years). **Tel: 01909 530943** www.centreplace.org.uk/talkzone

Patient Advice & Liaison Service (PALS)

PALS staff are available to offer advice or information on healthcare matters. The office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email. PALS staff can also visit inpatients on all Trust sites.

The contact details are:

Telephone: 01302 553140 or 0800 028 8059

Email: pals.dbh@dbh.nhs.uk

