

Discharge information for patients admitted to hospital following an early pregnancy loss

Patient Information Leaflet



We would like to offer our condolences to you and your family at this difficult time. We understand the effects of grief can be overwhelming and it can be hard to take in verbal information. We have created this leaflet to aid your physical recovery, for emotional support please contact the Early Pregnancy Loss Nurse who will signpost to available support for you and your family.

Vaginal bleeding

You may have vaginal bleeding and discharge for up to 3 weeks, this may be heavy for the first few days but should gradually reduce. It is recommended to use sanitary towels rather than tampons/menstrual cup during this time.

We advise you to do a urine pregnancy test after 3 weeks, if this is positive please contact the Early Pregnancy Assessment Unit (EPAU) on 01302 642653 (Doncaster) or 01909 572307 (Bassetlaw) for further advice.

Discomfort

Pain relief such as paracetamol is advised, if the discomfort is not relieved and you have heavy or prolonged vaginal bleeding (soaking a large pad every 20-30 minutes for over 1 hour), smelly vaginal discharge, abdominal pain or a fever, please seek medical advice from your GP, EPAU or your nearest Emergency Department.

Contraception

Please contact your GP if you would like to discuss contraception options. If you have regular periods, your period should normally return after 4-6 weeks, but ovulation takes place prior to this so you could become pregnant within this timescale.

Your next period may be different from normal: heavier or lighter/earlier or later. It is not recommended to have sexual intercourse until discharge or bleeding have settled and you feel ready.

Advice following a surgical procedure

If you have had a surgical procedure, you should be able to return to your normal level of activities 2-3 days after your procedure. Due to the effects of anaesthetic, please do not drive for 24 hours.

If you have had a laparoscopy (keyhole surgery) you will usually have dissolvable sutures to your abdomen that should dissolve within 14 days. If these do not dissolve within this time please contact your GP's Practice Nurse and request a wound care check.

Signs of infection to look out for:

- Redness after 4 days
- Smelly discharge
- Hot to touch or fever symptoms such as shivering

If you notice these signs of infection, please contact your GP for advice or attend your nearest Emergency Department.

Bathing and Showering

You can shower or have a bath 24 hours after your procedure, ask someone to be present incase you feel dizzy. Dissolvable sutures can be wet as this helps them to dissolve, pat them dry with disposable tissue or let them air dry.

Please remove your dressing(s) on day 2 post procedure, unless otherwise stated by a healthcare professional.



Return to Work

Please contact your GP if you require an extended fit note.

The Miscarriage Association has created an information booklet for employees and employers in the workplace to ensure everyone is aware of their rights and responsibilities. Scan the QR code to access this guidance.



Key contacts

For more information please contact:

- **Early Pregnancy Assessment Unit Bassetlaw:** 01909 572307, Monday-Friday, 08:00 – 17:00
- **Early Pregnancy Assessment Unit Doncaster:** 01302 642653, Monday – Friday, 08:00 – 17:00 and Saturday 08:00 – 16:00
- **Ward G5:** 01302 642650
- **Gynaecology Same Day Emergency Care (SDEC):** 01302 642653
- **Early Pregnancy Loss Nurse:** 01302 642812 or dbth.epln@nhs.net

Patient Advice & Liaison Service (PALS)

Our PALS team can offer advice or information on your patient experience and raise concerns where necessary. If you would like to visit in person, the PALS office is located the main foyer (Gate 4) of Doncaster Royal Infirmary.

You can also contact the team via telephone on **01302 642764** and **01302 642767**, or email **dbth.pal.dbh@nhs.net**

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Tell us what you think....

If you would like to discuss any content of the leaflet further, please contact the Early Pregnancy Loss Nurse or scan the QR code to complete the feedback questionnaire.

