

Gynaecology Department

Medical Termination of Pregnancy up to 17 + 6 weeks Gestation- What to expect for your procedure

Welcome to Cley Ward. We have written this leaflet to guide you through what happens today during your procedure.

This is your room for the duration of your stay. Please make yourself comfortable. We do ask that once your procedure has started that you do not go off the ward, due to the risk of bleeding. You can eat and drink and will be offered food from the catering staff - if you wish for another cup of tea, please just ask!

We will start off by taking a full set of observations (blood pressure, respiratory rate, oxygen saturations, heart rate and temperature) and making sure you are aware of the next steps. You are welcome to wear one of our hospital gowns or your own clothes. It is important to let the nurse know if you have had any significant bleeding since taking the Mifepristone medication.

We will ask you to lay on the bed, where we will administer vaginal pessaries and rectal suppositories (pain relief and antibiotics). There will be two members of staff present in your room during this time. You will then need to lay on the bed for one hour (you do not need to be lying flat during this time); if you do need the toilet during this hour, please call your bell.

We will ask you to use the bed pans in the bathroom every time you use the toilet. Please keep everything in these pans including pads and tissue, for the nurse to see. Once you have used the toilet call the orange call bell and we will come to collect these from you.

We try to disturb you as little as possible during your procedure, so please press the orange buzzer if you need assistance – nothing is too small to ask!

The nurse will administer oral medication every 3 hours (or as per the protocol) until they feel confident that both your baby and placenta is passed. If you require any further pain relief or anti-sickness medication the nurse will be able to administer these for you. If you are a negative blood group, you will need to have an injection called Anti-D before you go home.

Going home

We will endeavour to keep your stay as short as possible. Once we are confident that your blood loss is settling the nurse will discharge you with a course of oral antibiotics. You may experience vaginal bleeding for up to 3 weeks and we recommend that you do not use tampons and avoid intercourse and swimming until the bleeding has stopped.

After 3 weeks please perform a pregnancy test. If this were to return a positive result, please inform The Early Pregnancy Assessment Unit (EPAU) on 01603 286252. You can call EPAU between 8.30am and 5pm Monday to Friday, or 8.30am to 1pm at the weekend.

Follow up

If you do not use an effective form of contraception, it is possible for you to get pregnant again immediately after the termination, so it is important that you start a reliable contraceptive method immediately (or as soon as possible) after the procedure. This will have been discussed with you during your appointment at the termination clinic and arrangements for starting a method can be made.

If a follow-up appointment is required, you will be advised by ward staff. If an appointment has not been made, but you wish to discuss contraception, you can make an appointment by contacting the iCASH Clinic on 0300 300 3030 or attend the Sit & Wait Clinic between 09.00am – 11.00am Mon, Tues, Thu and Fri at iCaSH, 1a Oak Street, Norwich NR3 3AE.

Funeral arrangements

All babies and early pregnancy tissues are treated with respect by the members of staff who care for them. Your baby or pregnancy will be cremated with other babies and their ashes buried at GreenAcres, Colney Wood. We can also support your decision if you wish to take your baby home with you for burial on private land, please discuss this with one of the nursing team.

Support

If you feel that you need ongoing emotional or spiritual support, then our bereavement nurse and chaplaincy team are here to provide you with support. We are also here to signpost you to other national and local sources of support.

The following are some useful local resources:

- Bereavement Nurse – 01603 289126 or 01603 647147
- Chaplaincy Team– 01603 287470
- GP
- Wellbeing service – www.welbeingnands.co.uk/norfolk
- Norfolk and Norwich Baby Bereavement Group– www.facebook.com/nnhbbg
- Time Norfolk– www.timenorfolk.org.uk

The following are some useful national resources:

- MIND – www.mind.org.uk

Please be assured that following your discharge we will inform the relevant professionals which will cancel any future appointments you may have had planned.

Feedback

It is important to us that we can continue to improve our services and the support we provide to all our patients and their families. It may be that you don't feel able to or wish to provide any feedback; this is absolutely fine. If, however in the future you would like to, your feedback is invaluable to us.

Thank you, Bereavement Nurse

Bereavement.nurse@nuh.nhs.uk 01603 286286 Ex 747 or 3236

Chaplaincy 01603 287470 (daytime) 01603 286286 (night-time)

PALS (Patient Advice and Liaison Service) & Complaints: 01603 289036 /
palsandcomplaints@nuh.nhs.uk

We aim to provide the best care for every patient. So, we would like your feedback on the quality of the care you have received from the Hospital. Please visit:
<http://ratenhs.uk/IQu9vx> Or scan QR code:

