

Gynaecology Department

Surgical management of Miscarriage under Local Anaesthesia – Manual Vacuum Aspiration.

We are sorry about your diagnosis of a miscarriage. You have been given this leaflet to enable you to make an informed choice about surgical management of miscarriage under local anaesthesia.

This is technically called “Manual Vacuum Aspiration” and is very similar to the operation done under general anaesthetic.

The difference is that a handheld device creates the suction. We can do this using local anaesthetic to numb pain while you remain awake.

The operation is done via your vagina so there are no cuts or stitches.

The neck of the womb (cervix) is gently eased open (dilated) and the pregnancy removed by gentle scraping and suction.

To ensure you are comfortable during this we will give you pain relief in the following three ways:

- Painkillers – Ibuprofen or Diclofenac tablets taken before the procedure is started.
- Local anaesthetic gel given through the neck of the womb ahead of the procedure.
- Local Anaesthetic injections into the neck/or the side of the womb at the time of the procedure.

Like all operations, anaesthetic and surgical risks are involved, and these include:

- Bleeding – this can be heavy and very occasionally require a blood transfusion.
- Infection.
- Retained pregnancy tissue.
- Damage to the womb leading to the need for additional operations to assess or repair damage further.
- Sometimes people find this procedure too uncomfortable and may not wish to continue. If this is the case a medical procedure or surgery under general anaesthesia can be considered.

On the day of the procedure

- At home, at least 3 hours prior to the procedure time, please self administer – (insert in to the vagina) the misoprostol tablets given to you.
- At home, about 1 hour prior to the procedure, please take 1 gram of paracetamol.

- You can expect to be with us for between two and three hours.
- You may bring one person with you for support.
- Have a light meal at your normal time prior to the procedure e.g. sandwich or cereal.
- Take any regular medication as normal.
- Wear loose comfortable dark clothing.
- Please bring sanitary towels and a spare pair of pants suitable for holding a pad in place.

It would be normal to have light bleeding after the procedure for up to 3 weeks. Crampy period pain can be expected in the first 24 - 48 hours. Painkillers such as paracetamol or ibuprofen can be used to relieve this pain.

Aftercare

Infection – this is a small risk whichever option is chosen to manage your miscarriage.

You should contact your GP or the hospital (see below) if you have any of the following symptoms:

- Excessive bleeding
- Unpleasant discharge
- Pain unrelieved by paracetamol or ibuprofen
- High temperature or fever

If your blood group is Rhesus negative, you will be given Anti D injection following this procedure.

You will be able to return to normal physical activity sooner than if you have a general anaesthetic (usually the next day) and you will not need an adult to stay overnight with you after this procedure.

You will be able to go home approximately 30 minutes after the procedure provided you are comfortable to do so.

You may return to work the following day if you feel ready.

Follow up

We will offer you a telephone consultation about 3 weeks after procedure. During this time, if you have any concerns, you can ring the Early Pregnancy Assessment Unit (EPAU) or Cley ward (see below for details)

Pregnancy in future

Recovering from a miscarriage takes time emotionally and physically, and tiredness afterwards is very common. You will know when the time is right to try for another pregnancy, but we would recommend you wait until you have had at least one period.

If you are not planning another pregnancy, contraception can be accessed through your GP or iCASH (Contraceptive and Sexual Health Service). Please ask for further details.

Contact details

Cley ward – 01603 287242 (24 hours)
EPAU (8.30am – 5pm Monday to Friday and 8.30am – 1.00pm Saturday and Sunday) - 01603 286252

Further Information:

www.miscarriageassociation.org.uk

www.nct.org.uk

