

Gynaecology Department

Surgical management of miscarriage - What to expect for your procedure

Welcome to Cley Ward. We are very sorry for your loss, and we appreciate that this is an extremely difficult time for you. We have written this leaflet to guide you through what happens today during your procedure.

We apologise if you have not been given a side room during your stay, but we will endeavour to move you into one if one becomes available.

We will begin by taking a full set of observations (blood pressure, respiratory rate, oxygen saturations, heart rate and temperature) and make you aware of the next steps. We will ask you to wear one of our hospital gowns and some Anti-Embolism Stockings. (We have attached a leaflet to explain what Anti-Embolism Stockings are)

The nurse will need to complete a theatre checklist with you, which includes asking you questions such as: when was the last time you ate or drank and have you had any previous operations. It is important to let the nurse know if you have had any significant bleeding since attending you last scan.

You must remain Nil by Mouth (no food or drink) until your operation. Unfortunately, due to the nature of the emergency list we will not know the exact time of your operation. When you return from your operation you will be able eat and drink and the catering staff will offer you food - please just ask if you would like another cup of tea or require anything else.

Post operative care

We will need to do 4 full sets of observations, every hour, before you can go home. If you require any further pain relief or anti-sickness medication the nurse will be able to administer these for you, please press your buzzer and ask.

The first time you use the toilet after your operation we will ask you to do this in a bed pan so we can assess your blood loss. 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.

Further investigations

Due to the gestation of your baby/early pregnancy loss, not all investigations will be available to you. All early pregnancy tissues are routinely sent for histological examination at the Cotman Centre.

The pathologist will study the tissues under a microscope to check that it is normal pregnancy tissue. This does not usually provide a reason for your miscarriage. Pregnancy tissue is not usually tested further unless you are having investigations after recurrent pregnancy loss.

Funeral arrangements

All babies or early pregnancy tissues are treated with respect by the members of staff who care for them. Your baby or early pregnancy will be cremated with other early pregnancy losses 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.

Remembering your baby

How you choose to remember your baby is a deeply personal decision. We can offer you a memory box and certificate of birth.

A book of remembrance is kept in the hospital chapel and arrangements to view the book can be made through the chaplaincy department. There is an annual service of remembrance in the chapel. The book and service are open to all who have lost a baby regardless of the circumstances.

After you have gone home, and you feel ready, doing something to mark the loss of your baby can help to process your emotions and grief. The Miscarriage Association have some helpful suggestions for how you can do this on their website.

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
- Norfolk SANDS – www.norfolksands.org.uk
- Norfolk Miscarriage Support – www.facebook.com/NorfolkMiscarraigeSupport
- Time Norfolk – www.timenorfolk.org.uk

The following are some useful national resources:

- The Miscarriage Association – www.miscarriageassociation.org.uk
- MIND – www.mind.org.uk
- SANDS – www.sands.org.uk - SANDs are also there to support men (whether you're a dad, brother, uncle, grandparent, or friend. There is information and support available on their website)

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, Gynaecology Bereavement Nurse

Bereavement.nurse@nuh.nhs.uk 01603 286268 Ex 7147 or 3236

Chaplaincy 01603 287470 (daytime) 01603 286286

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:

