

## Gynaecology Department

### Termination of Pregnancy for Medical Reasons up to 13 weeks gestation - 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.

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 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 use your call 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 press 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 bell 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, or the remaining pregnancy tissue has 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 Unit 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, all investigations may not 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.

If it has been recommended by the fetal medicine team to have further investigations the nursing team will discuss this with you.

## 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 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 or pregnancy is a deeply personal decision. We will offer you a memory box which could include scan photos, any photographs and a 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](http://www.welbeingnands.co.uk/norfolk)
- Norfolk and Norwich Baby Bereavement Group– [www.facebook.com/nnhbbg](http://www.facebook.com/nnhbbg)
- Time Norfolk– [www.timenorfolk.org.uk](http://www.timenorfolk.org.uk) The following are some useful national resources:
- Antenatal Results and Choices – [www.arc-uk.org](http://www.arc-uk.org)
- MIND – [www.mind.org.uk](http://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, Gynaecology Bereavement Nurse

[Bereavement.nurse@nuh.nhs.uk](mailto:Bereavement.nurse@nuh.nhs.uk) 01603 289126 or 01603 647147

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

PALS (Patient Advice and Liaison Service) & Complaints: 01603 289036

[Palsandcomplaints@nuh.nhs.uk](mailto: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:

