Information for patients and visitors

Medical Termination of Pregnancy

Obstetrics & Gynaecology
Women & Children’s Services

This leaflet has been designed to help you understand the procedure you will be undergoing and to answer some commonly asked questions.
Introduction

This leaflet has been written to give help and guidance on your referral to the Pregnancy Advisory Clinic.

You have requested a referral to the Pregnancy Advisory Clinic. It is our practice to perform a variety of investigations during your first visit to the clinic. This is to allow the nursing staff to gather various sorts of information about your well-being prior to any treatment that you may choose. There is a Pregnancy Advisory Service at Scunthorpe and Goole General Hospital and Diana Princess of Wales.

Your first visit to the clinic

Please report to:

Scunthorpe General Hospital:
B floor right before Church Lane Entrance
Gynaecology Outpatients

Diana Princess of Wales Hospital:
Colposcopy and hysteroscopy suite, B floor

Goole Hospital:
Ward 5

You will have an Ultrasound scan – a probe is passed across your lower abdomen to allow the nursing staff to establish the stage of your pregnancy.

It is very important that you attend the clinic with a full bladder as this helps give a more accurate scan result.

If the scan is unclear you may need to have a transvaginal scan. You will be asked to empty your bladder. A special probe with a protective barrier is then inserted, this is not usually felt. Again, this is to establish the stage of your pregnancy. Please note that the person scanning you will not be able to give you any information regarding the termination.

Following the scan you will be seen by a qualified nurse who will:

- explain the whole procedure
- take your medical history
- discuss the treatment options available depending on the results of your scan
- discuss future contraception and offer advice
- give you a time and date to come back for the termination if this is your choice
- patient at Goole with significant medical complications or contra-indications to Medical Termination will be referred to Scunthorpe General Hospital

You will then have some blood samples taken.

What is the treatment?

If you are 9 weeks pregnant or under
You will be given one tablet of a drug called Mifepristone to swallow with a glass of water, which you must take at the hospital.

You must return to hospital 2 days later to be given a drug called Misoprostol.

Scunthorpe General Hospital patients please come to Gynaecology Ward situated on B Floor.

Diana Princess of Wales patients please come to D1U situated on C Floor).

Goole Hospital patients please come to Ward 5

Misoprostol is given vaginally and/or orally to complete the course of treatment. You will also be given antibiotics orally and rectally.
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This is to prevent infection. You will need to stay in hospital for approximately 6 hours.

If no products are expelled while you are on the ward you will be asked to return for another scan 12-16 days later. The nurse will give you a follow-up appointment on discharge.

If you have any worries or problems prior to your return you will have been given a contact number that you may ring for advice.

If you are over 9 weeks pregnant

Patient presenting at Goole over 9 weeks will be referred to Scunthorpe General Hospital.

You will be given one tablet of a drug called Mifepristone to swallow with a glass of water, which you must take at the hospital.

You must return to hospital 2 days later to be given a drug called Misoprostol. This is given vaginally and / or orally to complete the treatment.

After 3 hours you will then be given another dose of Misoprostol vaginally and / or orally, and a further 3 doses at 3-hourly intervals if required. In a few cases, a second course of treatment may be required. You will also be given antibiotics orally and rectally. This is to prevent infection.

Please bring sanitary pads with you, do not bring tampons.

Scunthorpe General Hospital

You must make an appointment to see your GP for a check up to 10-14 days after your termination is complete, the bleeding has settled and you are well.

Goole Hospital

You must make an appointment to see you GP for a check up to 10-14 days after your termination is complete, the bleeding has settled and you are well.

How does the treatment work?

Mifepristone acts by blocking the uterine effects of progesterone, a hormone that is needed for pregnancy to continue.

Misoprostol is similar to a prostaglandin hormone which works by causing your uterus (womb) to contract and your cervix (neck of the womb) to open up to expel the pregnancy.

Please note that Misoprostol is unlicensed by the manufacturer but recommended by the Royal College of Obstetricians & Gynaecologists, (RCOG 2004), for safe use in Medical Termination of Pregnancy.

‘European Community regulations permit Doctors to prescribe unlicensed regimens and permit nurses to administer medicines prescribed outside of a product licence’ (RCOG 2004).

Will the treatment suit me?

This treatment suits most women, however you should not have the treatment if:

- You are not definitely pregnant
- You have an ectopic pregnancy (where the egg has implanted in your fallopian tubes rather than in your womb)
- You have had a contraceptive coil (IUD or IUS) fitted. This would need to be removed prior to the treatment
- You have had a bad reaction, or are allergic to Mifepristone

Scunthorpe General Hospital

You must make an appointment to see your GP for a check-up 10 to 14 days after your treatment to ensure that the termination is complete, the bleeding has settled and you are well.

Diana Princess of Wales

You will be offered an optional appointment 2 weeks after your treatment.

For more information about our Trust and the services we provide please visit our website: www.nlg.nhs.uk
Information for patients and visitors

In some other circumstances the treatment may also be unsuitable, so please tell your Doctor if:

- You suffer heart problems or high blood pressure
- You suffer from asthma, bronchitis or have diabetes
- You suffer from any other conditions, or are taking medicines of any kind
- You know you have a high blood cholesterol level

The Doctor will be able to discuss with you whether you are able to have the treatment.

If you are breast feeding you should stop for 14 days after the treatment. You may express and discard the breast milk during these 14 days. Your Doctor will discuss with you when you will be able to restart.

**What about other medicines?**

Some other medicines may interfere with the treatment and should not be used until the treatment is complete.

Do not take any anti-inflammatory pain killers such as Ibuprofen, Nurofen, Aspirin or Diclofenac.

If you are taking any medicine, please discuss this with the nurse at the Clinic.

**What risks are there to having a medical termination?**

As with any medical treatment, medical termination carries a small chance of complication. The most common complications in the first few weeks following the procedure are as follows:

- **Persistent bleeding**
  Up to 5% of women may experience continued bleeding in the first few weeks following medical termination. Haemorrhage, or excessive bleeding, which requires a blood transfusion is an extremely uncommon side effect.

- **Pelvic inflammatory disease (PID)**
  Infection within the pelvic cavity, which may involve the uterus, fallopian tubes and ovaries, is a known complication of surgical termination. Although the use of antibiotics does reduce this risk, up to 5% of women may experience this type of infection.

  In the long-term, there is a very small chance that PID can lead to reduced fertility and ectopic pregnancy.

- **Emotional / psychological problems**
  Up to 6% of women may experience some form of emotional or psychological problem in the weeks following a medical termination.

- **Other complications**
  Other side effects, which may be experienced, are abdominal pain and vaginal discharge.

  **Every effort is made to reduce the risk of these complications occurring.** If you are concerned about any of these complications, please discuss this with the nurse at the Clinic.

- **Treatment failure**
  Bleeding and pain, although a usual part of the process, do not mean that the treatment has been a total success. Treatment failure includes:
    - pregnancy is terminated but some tissue remains
• ongoing pregnancy

In a small number of cases the pregnancy may not be expelled at all, or only part of it may be expelled. The failure rate for the treatment is 2% in pregnancies of less than 7 weeks duration, 5% in pregnancies between 7 and 9 weeks duration and 5-10% in pregnancies of over 9 weeks duration.

A second course of treatment or a simple operation may be required to complete the process.

What if I change my mind about the treatment?

Once you have taken the Mifegyne tablet you should be aware that you cannot change your mind. This is because there is a risk that if the pregnancy continues the baby may be born with abnormalities. This should be discussed with your Doctor.

What are the effects of the treatment?

After taking the tablet nothing will happen for about 12 hours. You may feel unwell – perhaps a little faint or sick – during the first few hours. You may suffer from a headache or a skin rash. In some cases you may experience some bleeding and cramps.

After 12 hours you may start to bleed vaginally. About half the women who have the treatment start to bleed before coming back for the second course of the treatment. In a very few cases the pregnancy will be expelled before coming back to hospital. The bleeding may be quite heavy, like a heavy period, and you may have cramps like period pains.

When you return to hospital for the second visit and receive the vaginal and / or oral treatment, if you are not already bleeding, you will start to bleed. It is likely you will get stomach pains and cramps that may be quite strong. In some cases the bleeding can be very heavy. In a very small number of cases, it is necessary to give a blood transfusion and perform a simple operation (scrape or evacuation of uterus) to stop the bleeding.

If you have a lot of pain you will be given pain relief, such as Paracetamol or codeine. Pain can be worse in women who have never been pregnant before or who suffer from painful periods.

Some women have diarrhea, sickness, hot flushes and chills after the treatment has been given. It may also cause dizziness, headaches and sometimes pain in the chest. If any of these happen to you, please tell the nurse.

If you think you are reacting badly to any of the medication, tell your nurse straight away. Please be aware that an identifiable fetus may be seen at the time of the termination of pregnancy.

If you are over 9 weeks pregnant, in most cases the pregnancy will end while you are in hospital.

Under 9 weeks in some cases this will happen after you are sent home. Contact the clinic on the following telephone number if this causes you concern:

Scunthorpe General Hospital
Direct Dial: Pregnancy Advisory Service Office, Gynaecology Ward 19 anytime on 01724 203438 / 9 or via Switchboard on: 01724 282282 extension 3464

Diana Princess of Wales Hospital, Grimsby
Direct Dial: Pregnancy Advisory Service, Laurel Ward 01472 875303 anytime or via
Information for patients and visitors

Switchboard on 01472 874111 extension 7401

Goole Hospital
Direct dial: Pregnancy Advisory Service
Office, Gynaecology Ward 19 anytime on
01724 203438 / 9 or via Switchboard on:
01724282282 extension 3464

Or contact your GP.

Advice at hospital discharge
You may bleed vaginally for 2 weeks after the treatment. The vaginal loss will be bright red at first and the loss will become darker after a few days. It is not unusual to pass small bits of tissue and small blood clots. If the loss becomes heavy you must seek medical attention from your GP.

It is advisable to continue to use sanitary pads, not tampons, after the treatment to help prevent any infection. If you have vaginal loss that becomes smelly and / or offensive this may be a sign of infection and you will need to see your GP.

It is advisable to rest for the first day following your treatment and then gradually get yourself back into a normal routine.

You may experience some abdominal discomfort for 2-3 days after the treatment. This should be settled by taking Paracetamol.

Sexual intercourse should be avoided until the bleeding has stopped and contraception has been commenced or put in place. If you do have sexual intercourse before your normal contraception is working, you should remember to use condoms to prevent a sexually transmitted infection and to avoid a further pregnancy. Remember that most sexually transmitted infections have no signs or symptoms.

Your menstrual cycle (periods) should return to normal after a termination. If you do not have a normal period after 5 to 6 weeks, contact your GP or if you are under 25 years of age you can visit a CHOICES clinic for advice.

It is not unusual to feel weepy and emotional following a termination. This can be due to the hormonal changes during pregnancy, and should settle as your menstrual cycle returns to normal.

In the first few weeks following your operation, if you have:
• Heavy vaginal bleeding with clots
• Severe lower abdominal pain
• Fever or a raised temperature
• Vaginal loss that smells offensive

Or if you are worried or anxious in any way, please contact your GP.

What else should I know?

What if I am a negative blood group?
You will have had a routine blood test when you first arrived for treatment. If it is found that you are a negative blood group, you will require an ‘Anti-D’ injection. The nurse will explain this to you and give you a leaflet to read.

What about contraception?
It is possible for you to become pregnant again immediately after a termination, so it is important to decide your method of contraception as soon as possible. This will have been discussed with you during your clinic visit. If you are still undecided what method to use you can discuss this with your own GP and s/he can prescribe medication for you or arrange for a coil or implant to be fitted.
Information for patients and visitors

If you are under 25 years of age the CHOICES clinics are also available to you for help and advice. If you want to begin the oral contraceptive pill straight after your treatment please discuss this with the nurse caring for you.

What about drinking alcohol?
You must not drink alcohol after you have taken Mifegyne, and for at least 2 days after being given the Misoprostol.

Psychological care following a termination of pregnancy
Nobody knows how you will be feeling following your termination. This experience is personal to you.

Many women experience a feeling of loss at some time after a termination, even if they were very certain about their decision. This may not mean that the decision was wrong, but just that is has been difficult to make.

Some women may feel isolated following a termination. This is usually because having a termination is such a private experience it may be hard to talk about to other people.

Some women, on the other hand, may feel relieved and unburdened. It is therefore not surprising that many women will wonder if what they feel is normal.

The nurses are skilled and experienced. If you wish to discuss your feelings following your termination, please contact:

Scunthorpe General Hospital:
Direct Dial: Pregnancy Advisory Service
Office, Gynaecology Ward 19 anytime on
01724 203438 / 9 or via Switchboard on:
01724 282282 extension 3464

Diana Princess of Wales Hospital, Grimsby
Direct Dial: Pregnancy Advisory Service,
Laurel Ward 01472 875303 anytime or via Switchboard on 01472 874111 extension 7401

Goole Hospital
Direct Dial: Pregnancy Advisory service,
Office, Gynaecology Ward 19 anytime on
01724 203438 / 9 or via switchboard on:
01724 282282 extension 3464

The hospital chaplain is also available for help, comfort and support at the time of your termination of pregnancy, regardless of your religious beliefs. Please ask the nursing staff to contact the chaplain if you wish to speak to them.

What happens to the fetus after it has been removed?
All fetal remains are dealt with sensitively and with respect. They are sent to the crematorium for cremation.

Scunthorpe General Hospital and Goole Hospital
A service of committal for fetal remains is held each week at the Crematorium on Brumby Wood Lane, Scunthorpe. Please ask staff if you would like any more information

Diana Princess of Wales Hospital
A service of committal for fetal remains is held in a chapel in the hospital before the remains are taken to the Crematorium. Please ask staff for more details.
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Do you need any further information?

If you are under 25 years of age you may want to call into one of the CHOICES clinics for support or advice.

Please call Virgin Sexual Health on 0300 330 1122 or check on-line on www.sexualhealthnorthlincs.nhs.uk for your nearest CHOICES Clinic in Scunthorpe.

Please go to www.choices4u.org.uk for your nearest CHOICES Clinic in Grimsby.

Further information leaflets on unplanned pregnancy can also be obtained from:


Further information can also be obtained by accessing NHS Direct Online http://www.nhsdirect.nhs.uk

The 'Conditions & treatments' database contains leaflets, books, web resources and patient support groups for a variety of conditions and procedures, including unplanned pregnancy and termination.

Reference sources used in the compilation of this leaflet


Concerns and Queries

If you have any concerns / queries about any of the services offered by the Trust, in the first instance, please speak to the person providing your care.

For Diana, Princess of Wales Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01472) 875403 or at the PALS office which is situated near the main entrance.

For Scunthorpe General Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01724) 290132 or at the PALS office which is situated on C Floor.

Alternatively you can email: nlg-tr.PALS@nhs.net

Confidentiality

Information on NHS patients is collected in a variety of ways and for a variety of reasons (e.g. providing care and treatment, managing and planning the NHS, training and educating staff, research etc.).

Everyone working for the NHS has a legal duty to keep information about you confidential. Information will only ever be
Information for patients and visitors

shared with people who have a genuine need for it (e.g. your GP or other professionals from whom you have been receiving care) or if the law requires it, for example, to notify a birth.

Please be assured however that anyone who receives information from us is also under a legal duty to keep it confidential.

Zero Tolerance - Violent, Threatening and Abusive Behaviour

The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients/visitors that the following inappropriate behaviour will not be tolerated:

- Swearing
- Threatening/abusive behaviour
- Verbal/physical abuse

The Trust reserves the right to withdraw from treating patients whom are threatening/abusive/violent and ensuring the removal of those persons from the premises.

All acts of criminal violence and aggression will be notified to the Police immediately.

Risk Management Strategy

The Trust welcomes comments and suggestions from patients and visitors that could help to reduce risk.

Perhaps you have experienced something whilst in hospital, whilst attending as an outpatient or as a visitor and you felt at risk.

Please tell a member of staff on the ward or in the department you are attending/visiting.

Moving & Handling

The Trust operates a Minimal Lifting Policy, which in essence means patients are only ever lifted by nursing staff in an emergency situation.

Patients are always encouraged to help themselves as much as possible when mobilising, and if unable to do so, equipment may be used to assist in their safe transfer.

If you have any questions regarding moving and handling of patients within the Trust, please speak to a member of staff in the ward or department you are visiting.

Northern Lincolnshire and Goole NHS Foundation Trust
Diana Princess of Wales Hospital
Scar thro Road
Grimsby
01472 874111

Scunthorpe General Hospital
Cliff Gardens
Scunthorpe
01724 282282

Goole & District Hospital
Woodland Avenue
Goole
01405 720720
www.nlg.nhs.uk

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