

Outpatient Medical Management of Miscarriage / Retained Products of Conception

**Gynaecology
Women & Children's Services
Scunthorpe General Hospital**

This leaflet has been designed to give you important information about your condition / procedure, and to answer some common queries that you may have.



Information for patients and visitors

Introduction

Some women prefer not to stay in hospital and prefer the privacy of their own home with a support network of family and friends when managing their miscarriage. This leaflet is to give you information about the outpatient medical management procedure and attempt to answer any questions you may have.

What will happen at the hospital appointment?

You will need to have blood taken, as we need to check that you are not anaemic and we also need to know what your blood group is.

You will be seen by a doctor who will discuss the procedure with you and then ask you to sign a consent form.

Once the blood results are back, we can commence treatment by inserting some tablets, called Misoprostol, into your vagina, near to your cervix and an antibiotic suppository into your rectum, to help prevent any infection occurring. We give the antibiotic this way as it is more easily absorbed into the body and if given orally, it may make you sick. The risk of infection is 1-4 women in every 100.

You will be asked to stay on the ward for thirty minutes after the start of treatment, to ensure that you have no adverse reactions.

You will then be allowed home and you will be given contact details for the ward should you have any concerns / worries when at home.

Please note that Misoprostol is unlicensed by the manufacturer but recommended by the Royal College of Obstetricians and Gynaecologists (RCOG 2004), for safe use in this procedure.

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

What happens at home?

You will have vaginal bleeding that is likely to be heavier than your normal period. You will also get cramping type pain which is the womb trying to expel the pregnancy tissue. Both of these symptoms should ease once the pregnancy tissue has passed. You will pass blood clots and in some cases, may see a recognisable foetus. Taking paracetamol and / or ibuprofen should be enough to ease the pain, although it may not take the pain away completely.

You may want to lie down and rest, but many women feel comfortable walking around. We have found that walking about helps to encourage the process along. You can use the toilet as often as you like. You may want to look at what you have passed and see a pregnancy sac and / or foetus, or you may just want to flush the toilet without looking, which many people prefer. If you wish, you can remove / save the pregnancy tissue in order to have it cremated / buried and if you wish to do this, we will give you a special container to put the tissue into, before you go home. We will need you to sign a consent form stating whether you would like a burial or a cremation and an information booklet will be provided to help you make this choice. A chaplain service is also available to speak to if needed.

Some people feel sick, vomit, feel dizzy, suffer hot flushes / chills / headache or have diarrhoea. These are all common side effects of the medication, and will pass.



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Information for patients and visitors

How long will I bleed for?

The amount of bleeding varies but most women describe it as “heavier than my normal period”. You may pass some large clots along with the pregnancy tissue. Depending on the size of the pregnancy, you may see a recognisable foetus. Once the pregnancy tissue has passed, the bleeding should start to settle down and the pain should ease off.

We advise against the use of tampons as there is a small risk of introducing infection. Please use sanitary towels until the bleeding stops. You can expect to bleed for about two weeks, although this could continue for up to a month. If you are still bleeding and have pain after 2 weeks then please contact the early pregnancy unit. If you experience continuous heavy bleeding (soaking more than 2 pads in an hour for more than 2 hours in a row) please attend an emergency care centre urgently. The risk of haemorrhage is approximately 2 in every 100 women.

How do I know if the treatment has worked?

A staff member from the early pregnancy unit will contact you after 48 hours to see how you are and if you have had any bleeding or pain. If you have not had any bleeding, you will be asked to attend the hospital for a second dose of the treatment that is given orally in the form of two tablets. If you have bled, you will be given a date to perform a pregnancy test and contact us with the result, even if it is negative. If preferred, you can attend the hospital for a pregnancy test. This will usually be three weeks later, dependent on the wishes of the consultant.

Although this treatment is very effective, there is a very small chance that it may not work (around 1 in 100 treatments fail). If that

is the case, you will be offered an operation to remove the pregnancy tissue whilst you are asleep in theatre. This is performed as a day case.

Reference Section

Miscarriage Association (Management of a miscarriage 2015).

NICE (Clinical Guidance 154).

RCOG (Good Medical Practice 7 2011).

Human Tissue Authority (Guidance on the Disposal of Pregnancy Remains Following Pregnancy Loss or Termination 2015).

Contact details for Further Information

Ward 19 – Gynaecology Ward
01724 203438 / 203439

Early Pregnancy Unit – SGH
01724 387753

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



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**Northern Lincolnshire and Goole NHS
Foundation Trust**

**Diana Princess of Wales Hospital
Scartho Road
Grimsby
01472 874111**

**Scunthorpe General Hospital
Cliff Gardens
Scunthorpe
01724 282282**

**Goole & District Hospital
Woodland Avenue
Goole
01405 720720**

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