

Short Stay Medical Management of Miscarriage

Medical management of miscarriage means using tablets to expel any remaining pregnancy tissue from your womb. You have been offered this treatment as an outpatient as you have miscarried at less than nine weeks by scan or have tissue remaining from the pregnancy inside your womb. This is a safe treatment while being in your own environment at home.

We usually require you to come to hospital three times in all to ensure your womb is empty of all pregnancy tissue.

Your first visit

You will be seen by a doctor and a nurse/midwife after your ultrasound. They will explain the procedure to you and give you written information.

A blood test may be performed to determine your blood group as you will require Anti D if your blood group is Rhesus Negative.

You may be able to start the treatment on this day or be given a date to come back after signing a consent to treatment form.

The procedure

You will be given two types of tablets at two separate visits 48 hours apart.

The first tablet is called Mifepristone. Mifepristone blocks the pregnancy hormones and primes your womb for the next part of the treatment. You can swallow it with a glass of water and will then be observed in clinic for 20 minutes after which you can go home. This tablet is generally well tolerated. A few women may however have nausea and vomiting. You may need a second tablet if you vomit the first one within two hours.

You may have period cramps a few hours after this tablet. You can take simple pain killers such as paracetamol or cocodamol. A few women may pass all the pregnancy tissue after this tablet but this is very rare. If you think this is the case, please contact us on Orchard Gynae ward phone 01234 792219 at any time and we will advise you accordingly.

Date of publication: January 2011

Date for review: January 2013

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The second visit

The second visit will be two days after you have had mifepristone on Orchard Gynae ward.

A nurse will administer four small misoprostol tablets into your vagina. These tablets will make your womb expel the pregnancy tissue within four to six hours. These tablets are well tolerated in a vast majority of women. Nausea, vomiting and diarrhoea are the most common side effects. Some women may also experience dizziness and headaches which usually settle.

You will be observed for one hour and then you can go home. We will offer you pain killers to take home with you. We will also recommend Anti D treatment if your blood group is Rhesus Negative.

You **MUST** be accompanied by an adult and **MUST** remain at home with an adult during that day. You must also have private transport available in case you need to come back to the hospital that day.

At home

Bleeding and cramps usually start within three to four hours of having the misoprostol tablets. However, in a few women it may start earlier or as late as two to three days. You may wish to take simple pain killers such as paracetamol or co-codamol. It is difficult to know how much women bleed during this procedure but it is usually heavier than a normal period and contains large clots. If you find yourself soaking pads continuously for more than one hour, please contact Orchard Gynae ward.

We would recommend you dispose of any clots or tissue in the toilet or you can bring any fetal tissue in to Orchard Gynae ward to dispose of sensitively. If you would prefer this option please speak to one of the nurses on the ward. Usually the procedure is complete if your bleeding becomes lighter and crampy pains settle. If you are concerned about the amount of bleeding or pain, please contact us on 01234 792219 on Orchard Gynae ward.

The third visit

This visit is usually seven to ten days after you had the tablets inserted into your vagina. We will perform an ultrasound scan of your womb through the vagina to ensure your womb is empty of any pregnancy related tissue. We will usually discharge you if all is well after this visit.

General advice

You will need to stay off work on the day you are having the misoprostol tablet but should be able to go back to your usual routine the next day if you wish.

You may continue to have light bleeding, spotting or pass small bits of tissue for two to three weeks after the misoprostol treatment. This is not of any concern and will settle. A few women have period type cramps for a few days after misoprostol as well. Simple pain killers such as paracetamol and co-codamol usually help.

Tampons must be avoided and sanitary pads used instead until the bleeding stops, this is to prevent infection.

If your vaginal discharge becomes smelly or offensive, this may be a sign of infection. You will need to contact the hospital or see your GP for treatment.

You must avoid sexual intercourse until the bleeding stops. We usually recommend you wait for a normal period before starting to try for a pregnancy again.

Your period should return after four to six weeks. If you do not have a period in six weeks you must perform a pregnancy test if you have been sexually active.

You must contact Orchard Gynae ward or your GP if you experience:

- Heavy vaginal bleeding with large clots
- Severe abdominal pain
- Fever or raised temperature
- Offensive vaginal loss
- **Or any other symptom you are concerned about.**

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The next visit

This is a very important visit as this is where we confirm you have passed all pregnancy tissue and your womb is empty. This appointment will be seven to ten days after misoprostol.

We will make sure your bleeding is settling and will perform a scan to check the womb is empty of any pregnancy tissues. If there are concerns that there is still tissue left (one in 100 women may still have pregnancy tissue in their womb despite this treatment), we will discuss further treatment in the form of more tablets or an operation with you.

Further Information

The Miscarriage Association: www.miscarriageassociation.org.uk
www.earlypregnancy.org.uk

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