

## Short Stay Medical Termination of Pregnancy

Medical termination of pregnancy means using tablets to end your pregnancy. You have been offered this treatment as a short stay inpatient as you are less than nine weeks pregnant. This is a safe way of ending your pregnancy while being in your own environment at home.

We usually require you to come to hospital three times for a short period to have this treatment. **We are unable to ensure the termination has been successful and you are no longer pregnant if you do not attend all three visits.**

### Your first visit

You will be seen by a doctor who will ask you a few questions and perform an ultrasound scan to find out how far you are in pregnancy. You must drink plenty of water before the appointment to ensure you have a full bladder.

If an ultrasound scan through your tummy is not possible, you may require a vaginal scan where in a small probe is inserted into your vagina. This procedure is not usually painful.

We will offer to screen for Chlamydia infection from a swab taken from the neck of the womb. If infection is detected you will be offered treatment and referral to the genito-urinary medicine (GUM) clinic.

If you wish to discuss your pregnancy/termination further, we would encourage you to see our trained counsellor.

Contraception will also be discussed and you will be encouraged to choose from one of the many options. If you are less than 19 years old, you will be referred to Becky Clarke, our contraception community nurse.

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

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

## Treatment

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

The first tablet is called Mifepristone. Mifepristone blocks the hormones that the pregnancy needs to continue. 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 codeine. A few women may miscarry 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.

## 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 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 codeine. 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 if you prefer you may bring any fetal tissue into Orchard Gynae for sensitive disposal. 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.

## 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.

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 codeine usually help.

Tampons must be avoided and sanitary pads used instead until the bleeding stops 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 and you have commenced contraception. You must use condoms if you have intercourse or you may fall pregnant 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.**

### The third visit

This is a very important visit as this is where we confirm you are no longer pregnant. This appointment will be 10 - 14 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 or if you are still pregnant (one in 100 women may still remain pregnant despite this treatment), we will discuss further treatment in the form of more tablets or an operation with you.

We will also offer you treatment if your swabs have shown any infections.

### Further Information

[www.fpa.org.uk](http://www.fpa.org.uk)

[www.bpas.org](http://www.bpas.org)

[www.maristopes.org.uk](http://www.maristopes.org.uk)

[www.rcog.org.uk](http://www.rcog.org.uk)

[www.careconfidential.com](http://www.careconfidential.com)

This leaflet has been created by Miss Thangamma Katimada, specialty registrar and Miss Hema Nosib, consultant in obstetrics and gynaecology, Bedford Hospital.

Date of publication: January 2011

Date for review: January 2013

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