



What to Expect at Home

What happens at home?

You will have bleeding that is likely to be heavier than your normal period and cramping-type pain which is the womb trying to expel the pregnancy. Usually this pain eases after the pregnancy is passed.

We have given you painkillers and in most cases this should be enough to control the discomfort. However, we have also given you some co-codamol 30/500 to take home and you can take two tablets every four hours if required.

You may want to stay in bed or lie down, but many women feel comfortable walking around, watching television or reading. It's up to you and how you feel. You may use the toilet as often as you want and flush it as normal. You may feel sick. You may vomit or have diarrhoea.

How long will I bleed for?

The amount of bleeding varies but most women describe it as "much heavier than my period" and it may include some large clots. 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 around two weeks although this could continue for one month or longer.

- If you experience continuous heavy bleeding (soaking three or more pads in one hour while resting), contact the ward or go to your nearest A&E urgently.
- If you have not started bleeding within 72 hours of your treatment, contact the clinic as the procedure may not have been effective and you may still be pregnant.
- If you develop a smelly discharge or fever or tender tummy, then this may indicate infection and you should contact your GP or NHS24 on 111. If you feel extremely unwell you should go to the nearest A&E.

When should I start using contraception?

The majority of women are fertile immediately after this treatment and so you should start contraceptive pills, patches, rings, injections and implants on the same day as the procedure. A copper coil or Mirena coil can be fitted four weeks later at your GP or local clinic. Contraceptive arrangements will be discussed at your assessment appointment.

How do I know if treatment has worked?

Although this treatment is very effective, there is a small chance that it may not work and that you may still be pregnant (around 1 in 100 women treatment fails to end pregnancy). To make sure that the treatment has been successful you need to do a pregnancy test two weeks after your treatment. We will provide you with a

self-test which detects the pregnancy hormone (HCG). This will give a positive result if high levels of the hormone are present which might indicate an ongoing pregnancy. We will leave it to you to contact us if the pregnancy test is positive or does not work, or if you are worried that you may still be pregnant.

We will assume that unless we hear from you that the treatment has been successful and that you are no longer pregnant.

However, if you prefer to return to the clinic for a pregnancy test this has been booked for:

Telephone Contacts

Sandyford TOPAR Clinic 08:30-4:30)	0141 211 8620	(Monday – Friday
Queen Elizabeth University Hospital Gynaecology)	0141 201 2282	(Ward 49 –