

What to Expect With Medical Termination 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 cocodamol 30/500 and diclofenac 100mg suppository athours and should not take any more untilhours. In most cases, this should be enough to control the discomfort. However we have also given you some cocodamol 30/500 to take home and you can take two tablets every 4 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 and heavy bleeding (Soaking three or more pads in an hour while resting) contact the clinic, or go to 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 an infection and you should contact your GP or NHS 24 on 08454 24 24 24. If you feel extremely unwell you should go to Accident and Emergency.

When should I start using contraception?

The majority of women are fertile immediately after this treatment and so you should start contraceptive pills, patches, ring, injections and implants the same day as the procedure. We should be able to supply you with these but if for some reason we are unable to do so, then we will tell you where you are able to get these. You may also attend your GP or Family Planning Clinic to have an intrauterine method (copper coil and mirena) inserted at a later date. You should avoid sex until your bleeding has completely stopped to avoid the risk of infection.

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 have a follow-up telephone call. This usually takes place within three to four weeks of treatment.

For the 'telephone' follow-up you will be need to perform a 'self-test' of your urine at home. We will provide you with the '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 (failed treatment).

One of the nursing staff from the clinic or ward will call you on an agreed day and phone number to check that:

- the test result was negative
- you are well
- you had the expected amount of bleeding with the procedure
- you no longer feel pregnant.

If for some reason you will not be available for your 'telephone' follow-up then please contact the clinic or ward to arrange an alternative date.

Telephone

Princess Royal Maternity, Ward 71 Telephone: 0141 211 8739

Southern General Hospital Telephone: 0141 201 2326
(Monday - Thursday 8.00am to 4.00pm)

Sandyford Telephone: 0141 211 8620
(Monday - Friday 8.30am to 4.30pm)

Royal Alexandra Hospital, Ward 18 Telephone: 0141 314 7018

If you are worried about your bleeding or pain or are concerned that you still be pregnant (then please contact us on either :

Princess Royal Maternity, Ward 71 on 0141 211 8739;

or

Southern General Hospital, Gynaecology Emergency on 0141 201 2249

or

Royal Alexandra Hospital, Ward 18 on 0141 314 7018