

Patient information

Surgical management of miscarriage (Retained products of conception – ERPC)

Some miscarriages are 'complete' and no surgery is required. In other cases, a small operation is advised to empty the womb in order to prevent the risk of infection. This is performed under general anaesthetic.

The following advice gives guidance only. Recovery can vary according to your age, health and reason for surgery.

Please ask the Day Surgery staff for a 'Miscarriage Association' leaflet, which has further advice and their contact details, which you may find useful.

Following your surgery

- Your vaginal bleeding will be red initially and will gradually decrease to a brown stain lasting approximately 7 - 14 days. To reduce the risk of infection, please use sanitary towels or panty liners, **not tampons**, until your next period. These should be changed regularly.
- You may have a quick bath / shower after 24 hours, thereafter daily.
- You may experience some low abdominal discomfort, like a period pain. This can be relieved by taking pain killers. Paracetamol or similar pain-relieving medication is appropriate.
- If your rhesus blood factor is negative, prior to your discharge home, you will be given an injection of Anti D to prevent rhesus incompatibility in any future pregnancy.
- Do not have sexual intercourse until the bleeding has stopped, to allow healing to take place.
- Doctor's opinions vary, but it is advisable to wait until you have had at least one period before trying to conceive again. Expect your next period to be approximately 4 - 8 weeks after your operation.

Special instructions.....

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Return to work/ driving.....

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If your procedure is straightforward you will not routinely return for an outpatient appointment and will be returned to the care of your GP.

We understand this is a difficult time for you and we offer you our sympathy. You may be reassured to know that all the tissue from this procedure is handled sensitively. It is sent to the pathology department to be checked and from there to a burial through the Woodlands Burial Trust in Culford near Bury St Edmunds.

(See separate information leaflet.)

Contact your GP or GP out-of-hours service if:

- You have severe pain or fever
- If you bleed heavily
- If you develop a smelly and/or offensive discharge

If you require any further advice please contact the Martin Corke Day Surgery Unit on 01284 713050 between 7.45am and 8.00pm, Monday to Friday.

Outside of these hours contact the obstetric/gynaecology ward F10 on 01284 713235 / 713236 and speak to the nurse in charge. Please have your hospital number on the discharge letter available.

Or NHS 111

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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