

Patient information

Medical termination – discharge advice

Discharge advice

- The pregnancy is lost in the bleeding that follows as happens in a miscarriage. Initially bleeding may be like a very heavy period with some clots. You should use the toilet as often as you want and flush it as normal. The contractions may be painful. You may feel sick, have vomiting, diarrhea, headache, dizziness or flushes and sweats.
- The bleeding will then start to slow down but you may bleed on and off for the next two weeks. Some women bleed for up to ten weeks.
- If you bleed excessively in an hour (soaking three pads or more when resting) contact the clinic or go to the Accident and Emergency (A&E) department immediately.
- **Do not** use internal tampons until your next period – use sanitary towels instead.
- If applicable, on the second day of the treatment you will need to rest so should not work on that day. After that, it depends how you feel.
- You will need to perform a urine pregnancy test three weeks following this procedure at home. If the urine pregnancy test is positive please give us a ring on the above number.

When to seek medical advice after a medical termination of pregnancy?

You should seek medical advice from your GP or Ward F14 (24 hours) 01284 713235 or attend your local A&E Department if you experience:

- **Heavy or prolonged vaginal bleeding, smelly vaginal discharge and abdominal pain:** if you also have a raised temperature (fever) and flu-like symptoms, this may be due to an infection of the lining of the uterus (womb). This occurs in two or three women in a 100 (2–3%). Treatment is with antibiotics.
- **Heavy bleeding:** Occasionally, there is still pregnancy tissue remaining in the uterus (womb) and you may need to have a surgical evacuation of the uterus.
- **Burning and stinging when you pass urine or pass urine frequently:** this may be caused by a urine infection. Treatment is with a course of antibiotics.
- **Painful, red, swollen, and hot leg or difficulty bearing weight on your legs:** this may be caused by a deep vein thrombosis (DVT). If you have shortness of breath, chest pain or cough up blood, this could be a sign that a blood clot has travelled to the lungs (pulmonary embolus). If you have any of these symptoms you should contact your GP immediately or come to A&E.
- **On-going sadness or depression:** following your termination of pregnancy, if you are not able to do the things you would normally do on a day-to-day basis, you should speak with your GP.

Pregnancy test to be done on (3weeks) - date

Contact Ward F14 if the result is positive on 01284 713235, where you will be given further advice.

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email info.gov@wsh.nsh.uk. This will in no way affect the care or treatment you receive.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>

