

Patient Information Leaflet

Your guide to Early Medical Abortion

Produced by: Pregnancy Advisory Service



**Date: March 2019
Review due: September 2022**



You are undergoing an early medical termination of pregnancy. This leaflet aims to help you understand what to expect during the process and the next few weeks. It also tells you when to seek medical advice and where you can get the help if you need it.

What to expect:

Part 1:

You will be given a tablet called Mifepristone which you take by mouth.

You should not feel any different after taking this pill and can continue your normal day-to-day activities. If you vomit, for any reason, within one hour of taking this tablet, you will need a further dose of Mifepristone. If this happens, please telephone us **immediately** on 534072 for advice. You may have some vaginal bleeding. You should use a thick, absorbent sanitary towel for this and not a tampon. This will make it easier to assess any blood loss.

Approximately 1-2 % of women will have their abortion having taken the Mifepristone alone. If this happens you will pass some clots and have some cramps, but these will then ease off once the clots have passed, however you must continue with the plan of care as outlined in your consultation and this leaflet.

Part 2: It is desirable to have someone to remain with you for 24 hours following part 2, although this is down to patient choice.

You may eat and drink normally.

On.....at..... You need to start your treatment by taking 2x 500mg paracetamol tablets (or ibuprofen as directed on the packet leaflet if preferred).

You then need to place 4 tablets (**Misoprostol**) under your tongue - they must be left to dissolve for 30 minutes, if after this time some of the pills remain, they can be swallowed down with water.

We will telephone to check on your progress.

At, 4 hours after you have taken the first dose of **Misoprostol**, you need to place 2 more **Misoprostol** tablets between your cheek and your upper gum. This is to increase the chances of the abortion being completed. They must be left to dissolve for 30 minutes, if after this time some of the pills remain, they can be swallowed down with water.

A further oral dose of Misoprostol may be given at a later date, if required.

Effects of Misoprostol:

- Bleeding

Misoprostol (the second medicine) causes cramping and bleeding, often with clots. The cramps and bleeding may be much more than you get with a period. The cramps usually start 2 to 4 hours after the pills are taken and may last for 3 to 5 hours.

Although you may have a lot of bleeding, it is not dangerous; this means that the treatment is working. You may pass some large clots.

The heavy bleeding will usually settle once the abortion is complete, however, you may continue to get some bleeding for 9-16 days and it may stop and start several times and can persist up to your next period. You should again use a sanitary towel and not a tampon for this.

- Cramps

You may have a lot of pain and cramps. If so take the painkillers as prescribed. A heat pad or hot water bottle can also help to relieve the pain.

Some women get nausea, diarrhoea or chills for 2-3 days after taking the second medicine. This is uncomfortable but not dangerous, and does not mean anything is wrong.

If you are still experiencing any of these after 2-3 days, please contact your GP.

You may use paracetamol to help with the chills.

You should contact us if your bleeding becomes very heavy (e.g. soaking through two large sanitary towels in an hour, for more than two consecutive hours), or if your pain becomes severe and is not responding to the painkillers that you have been given.

On the day of Part 2 we can be contacted on 01983 534072 until 5pm.

From 5pm until 5pm the following day, please telephone 01983 822099 and ask to speak to the Gynae on call doctor.

After 5pm on the following day please contact your GP or 111, if necessary.

To reduce the risk of infection of the womb, you should refrain from sexual intercourse for 3 weeks from visit 2 / home treatment day.

After your abortion:

When you are discharged you will be issued with two pregnancy tests, instructions on how to do them and a urine collection pot. The first one should be done 4 weeks after Part 2 (ideally first thing in the morning). If this test is negative, no further action is required.

If the first pregnancy test is positive (this can be quite normal after an EMA), you need to repeat the pregnancy test one week later. If the second test is negative, no further action is required. If the second test is still positive, please call 01983 534072 and ask to speak to a pregnancy advisory service nurse for advice and onward management.

Immediately after your procedure do not do any heavy lifting. You can return to work and most activities within a day or two of your abortion.

Contraception is vital to prevent a further pregnancy, and will have been discussed with you at assessment clinic and provided accordingly.

In the following weeks:

You should seek medical advice:

- If your vaginal loss becomes very heavy or offensive smelling
- If you have a high temperature, fever or the shakes
- If you have severe stomach pains

In the event of any of the above please contact your own GP or call 111 for advice.

Emotions

The majority of women say they feel relieved once the abortion is over. Feelings vary from person to person and are sometimes dependent on your circumstances. The decision to end a pregnancy can be difficult. A great deal of psychological research has been carried out on the psychological effects of abortion and suggests that though most women feel sad at the time, they have no long term depression or anxiety after abortion.

By talking to a supportive friend or relative, most people find that they can come to terms with their feelings. Or if you would like to talk to one of us or a counsellor, we will gladly arrange this for you.

Please telephone **(01983) 534072 Monday - Friday, 9am-5pm.**

Contact numbers

Brook (information on contraception and sexual health for young people): 020 7284 6040
(www.brook.org.uk)

St Mary's Hospital Chaplain 01983 534639

Samaritans 01983 521234

Youth Trust 01983 52956

If you require this leaflet in another language, large print or another format, please contact us on 01983 534072.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: <http://www.nhs.uk/>

For Health advice and out of hours GP service please call the NHS 111 service on: 111

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact them directly, telephone on 534850.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on 03000 61 61 61 or at enquiries@cqc.org.uk

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.

Ref: **SH/EMA/7**