

Surgical termination of pregnancy

Day Surgery Unit

Surgical Short Stay Unit



Patient information leaflet

The decision to terminate a pregnancy is traumatic and complex, whatever the circumstances. Before proceeding with a termination, you and your partner should feel completely satisfied that you have made the correct decision for yourselves and any children you already have. There are telephone numbers contained in this leaflet of organisations that can help you.

How is the termination carried out?

Misoprostol is a tablet which may be given orally or vaginally to soften the neck of the womb. Your Doctor will decide if you should be given this prior to the procedure.

A small instrument is then passed through the vagina to complete the procedure.

What are the potential complications?

- There is a small risk of the instruments used in this procedure piercing a hole in the wall of the uterus or causing injury to the uterus. This is known as a perforation. If this complication arises, the surgeons may need to make a cut in your lower abdomen to repair the damage. This will all be explained to you, before your procedure.
- Infection
- Excessive bleeding.

What will happen after my procedure?

Bleeding/discharge

You may experience some bleeding for a few days following your procedure. Please use sanitary towels rather than tampons, to reduce the risk of infection.

There is a small risk of developing an infection following your operation, therefore the doctor may decide to give you some antibiotics to take home. This is not always necessary, but if you find your bleeding persists for longer than a week and is heavy with clots or funny smelling, please contact the Day Surgery Unit or your own GP for advice as this could be the sign of an infection, and antibiotics may be needed.

Will the procedure hurt?

Some period pain – type cramps are to be expected over the next few days. Take your normal pain killers as required.

Will I be able to wash as normal?

You may shower as normal, but avoid using perfumed bath products or talcum powder until your bleeding has stopped.

Do not have a bath for 24 hours following the procedure to reduce the risk of infection.

When can I resume sexual intercourse?

You may have penetrative sex once your bleeding has stopped, providing you are comfortable.

Please ensure you have information on contraception. The Nursing and Medical staff on the Day Surgery Unit are happy to offer any assistance. Alternatively please see your GP or Family Planning Clinic.

Am I ok to drive?

You must not drive for 24 hours following your anaesthetic.

When can I return to work?

You may return to work as soon as you feel able to do so. However, you are advised not to work on the day following your surgery to allow recovery from your anaesthetic.

Will I require a follow-up appointment?

It is not usually necessary to have a hospital appointment following your surgery. However we advise that you see your own GP in 6 weeks for a check -up, if you need a follow up appointment this will be given to you on discharge.

Further information

If you require any further advice, please do not hesitate to contact the Day Surgery Unit.

Useful contact numbers

British Pregnancy Advisory Service – Telephone: 08457 304030
www.bpas.org

Brooks Advisory Helpline – Telephone: 08088021234

Marie Stopes clinics – Telephone: 0845 300938
www.mariestopes.org.uk

Contact details

If you require further information or advice, please do not hesitate to contact us.

Day Surgery Unit

Telephone: 01483 406783 (Monday–Friday, 8am–6pm)

Surgical Short Stay Unit

Telephone: 01483 406828 (Monday–Friday, 8am–6pm)

Pre-assessment Clinic

Telephone: 01483 464152

Out of hours advice

Telephone: Call 111 (formerly NHS Direct)

Reference source: www.nhs.uk/Search/Pages/Results.aspx?___JSSniffer=true&q=Surgical+Termination+of+Pregnancy

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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