

Surgical management of miscarriage (ERPC)

Day Surgery Unit

Surgical Short Stay Unit



Patient information leaflet

What happens in a surgical managed miscarriage?

This procedure is performed after a miscarriage to empty the womb of any remaining tissue or placenta for the miscarriage.

Misoprostol is a medication that can be given orally or vaginally to soften the neck of the womb. Your doctor will decide if you need this medication or not.

What are the potential complications?

There is a small risk of the instruments used in this procedure making a hole in the wall of the womb. This is known as a perforation. If this happens, the surgeons may need to carry out a laparoscopy (a laparoscopy involves two or three small cuts made into the abdomen, and a tiny fibre-optic camera passed through the cut in the belly button), to check the location of the perforation and if necessary repair any damage.

What are the alternatives?

The Early Pregnancy Unit staff will normally have discussed with you the alternative methods of managing a miscarriage. This includes expectant management where in most cases, the body will eventually expel all of the tissue naturally, without medical intervention or medical treatment where drugs are used to begin or continue the process of miscarriage. If you have further bleeding between your clinic appointment and your operation date, please inform the Nursing Staff on the Day Surgery Unit when you arrive.

After your procedure you could experience:

- 1) Infection
- 2) Excessive bleeding – due to infection or some tissue still in the womb
- 3) Perforation
- 4) Repeat surgical management of miscarriage – this is rare.

What happens after my procedure?

Vaginal bleeding

You may experience some bleeding over the next few days. Please use sanitary towels as tampons can increase the risk of infection. If your bleeding persists for longer than a week, is heavy with clots or funny-smelling please contact the Day Surgery Unit, your GP or Early Pregnancy Unit for advice. As this could be a sign of infection.

Will it hurt?

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

Washing

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 your procedure, to reduce the risk of infection.

Sexual intercourse

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

It is advisable to wait until you have had at least one normal period before trying to conceive again, providing you and your partner feel emotionally ready.

Work/driving

You must not drive for 24 hours following your anaesthetic.

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.

Miscarriage support

After suffering a miscarriage you and your partner may be feeling very emotional.

There are many others who have shared your experience. If you would like to talk to someone who understands, there is an association who may be able to help you. Whilst they cannot offer medical advice, they can offer support and understanding.

The Miscarriage Association

c/o Clayton House
Northgate
Wakefield
West Yorkshire
WF1 3JS

Telephone: 01924 200799 (answerphone outside office hours)

Fax: 01924 298834

Here at the Royal Surrey we have organised a memorial service in the Hospital Chapel, which is held twice a year, at 3pm in the last Sunday in January and June. A Book of Remembrance is kept in the Chapel on Level B for those who may wish to remember their baby by making an entry. There is a Garden of Remembrance on Level B outside the hospital, which you are welcome to visit.

The nursing staff on the Day Surgery Unit will offer you the opportunity to receive a home visit from your health visitor or community midwife if you wish.

Reference source

www.nhs.uk/conditions/miscarriage/pages/treatment.aspx

Contact details

If you require further 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)

Out of hours advice

Telephone: Call 111 (formerly NHS Direct)

Website: www.nhsdirect.nhs.uk

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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