

One-Stop Home Medical Termination of Pregnancy

***This pack contains the medication you require to carry out a termination of pregnancy at home. Please read this leaflet thoroughly before starting treatment.***

We have given you this treatment because we believe that you are less than 10 weeks pregnant. However you have not had a scan so we are relying on the date of your last period. This also means we have not ruled out an ectopic pregnancy (pregnancy outside the uterus) so if you develop severe abdominal pain, shoulder tip pain, faintness or collapse you MUST attend A and E. There is another leaflet attached to this regarding ectopic pregnancy.

During your telephone consultation, you provided verbal consent to proceed with the medical termination of pregnancy at home. This procedure is intended to end the pregnancy.

Possible complications have been discussed with you. These include:

* Failed abortion 1:10
* Incomplete abortion/ Retained Products of Conception 2:100
* Haemorrhage/ severe bleeding (2 in 1000)
* Infection (1 in 100)
* Rupture of the uterus (womb) (1 in 1000)
* Premature birth in future pregnancies, with the risk increasing with the number of abortions.

If you have any questions or concerns call the numbers provided on the back of this leaflet, or if you feel it is an emergency, attend your nearest A&E department.

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# First stage

Within this pack, Box 1 contains a tablet called Mifepristone 200mg. This blocks the hormone that makes the lining of the uterus hold onto the pregnancy. If you vomit within one hour of taking this tablet it will need to be repeated. Please contact us if this occurs.

## Pain

Some people experience some pain after taking Mifepristone. If you require painkillers, please ***avoid*** aspirin based product, ibuprofen and mefenamic acid as they stop the Mifepristone from working. If you are unable to cope with the pain, please contact the hospital.

## Bleeding

You may or may not start bleeding; this is quite normal. You have a 5% chance of the termination happening after this first tablet. If you are bleeding so heavily that you soak through two menstrual pads per hour for two hours in a row and are still bleeding, call the hospital immediately.

## Between first and second stage of procedure

You can carry on as normal at home and work. During this time you may have some bleeding and /or period-type pain.

## Smoking

You should not smoke between treatment and for two days afterwards as it increases the risk of developing a blood clot.

## Drinking

Do not drink alcohol or grapefruit juice while you are being treated with Mifepristone.

# Second stage

This medication should ideally be given 24 to 48 hours after your first tablet. You will be required to have an adult with you at all times once you have started the second stage and access to a car should you need to return to the hospital.

You now need the Misoprostol 200 mcg per tablet (Box 2). Place **4** tablets high in vagina. Please avoid going to the toilet for the next hour. If you see any of these tablets later in

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the day, this is alright; they have already done what they needed to do. After 3 hours of taking your second stage tablets, please take the remaining **2** tablets EITHER vaginally, or between your upper cheek and gum and allow to dissolve (Misoprostol 200mcg)-this takes up to 30 minutes. Please swallow any remaining tablet left in the mouth.

You will be given Co-codamol 30/500 (Box 3), please take as instructed below under **pain**. You can also purchase Ibuprofen 400mgs which can be taken if needed with the Co-codamol as instructed.

Please drink plenty throughout the day to prevent dehydration. You may eat as normal.

## Bleeding

You may have already started bleeding or bleeding can start as soon as 30 minutes after taking the medication but generally takes a couple of hours or longer in some cases. This can be heavy with clotting for several hours, although for some it isn’t too heavy. When you start bleeding try to push down to encourage products to come away. Once the products have passed your bleeding should then ease. If heavy bleeding is experienced for example where two pads are used per hour for more than two hours, you should phone the hospital on the numbers provided for advice on any follow-up treatment.

Once the products have passed, the bleeding should ease. You may however experience some bleeding much like a period for 10- 14 days after the procedure. This is normal and gradually reduces. It is not uncommon to pass clots occasionally.

If the bleeding doesn’t settle or settles and then you start bleeding heavily again it may be because a small amount of tissue is left and preventing the uterus contracting completely. On average, if 1000 women have a medical termination of pregnancy, about 72 will need surgery to empty the womb of any remaining tissue. 928 will not need surgery at all. Less than 1 will have severe bleeding or sepsis. Please seek medical advice if you have any concerns.

Use sanitary towels instead of tampons until your next period in order to reduce the risk of infection.

## Alternatively, if you DO NOT bleed, or have bleeding that is less than the amount of a normal period within 72 hours of taking your second stage tablets, please contact the clinic for advice.

**Pain**

Pain may or may not be experienced. However, quite strong contractions may come in waves. You will have been given a pack of eight Co-codamol tablets, you can take two of these as soon as you feel the need, followed by a further two tablets every four to six hours up to a maximum of eight tablets in 24 hours. They contain Paracetamol, so please do not take any further Paracetamol-based products. If you are experiencing pain which

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isn’t relieved with the Co-codamol you can take Ibuprofen as recommended on the box. You may find it helpful to use a hot water bottle or heated pad. If at any time you feel unable to cope with pain you are encouraged to phone the hospital on the numbers provided for further support.

## Infection

In the weeks following a termination you should see your GP if you develop any of the following: lower abdominal pain, a smelly discharge and/or a fever and possible heavy bleeding. These can be signs of infection and if they are not treated can lead to a more severe condition known as pelvic inflammatory disease. At gestations under 10 weeks, the associated risk of infection is very low.

## Side-effects

You may or may not experience side-effects from the medication Misoprostol. These include bowels opening more frequently, diarrhoea, nausea and vomiting. Shivering can be experienced as your temperature increases. These symptoms are only temporary and tend to settle after a few hours.

## Products of conception

You can use the toilet as normal. Should you however wish for the products of conception to be dealt with sensitively, arrangements will be made for you to bring them back to the hospital.

## Pregnancy test

You have been provided with a low-sensitivity pregnancy test. You need to do the pregnancy test three weeks following the procedure to ensure the pregnancy has ended. Please can you do the pregnancy test on:

## Date …………………………………………….

Phone **01792 200303** with the result

Please do not be alarmed if the result is positive as it sometimes takes a while for the hormone levels to fall. Contact us and an appointment will be arranged for you to attend for a blood test and possible further treatment.

## Getting back to normal

Some women return to work the next day, others may need longer.

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## Driving

You should avoid driving until bleeding has settled and you are feeling well enough.

## Swimming

You should avoid swimming for two weeks after your treatment, to minimise the risk of infection.

## Air travel

If you intend to travel following a termination, it is important to inform your travel insurers. This will ensure you are covered should you experience any complications while away. If you intend to take a long-haul flight soon after, discuss this with your GP as there is a slightly increased risk of a deep vein thrombosis (blood clot).

## Having sex

You should avoid sex for two weeks to reduce the risks of infection or until the bleeding has stopped. It is possible to conceive a few days after your termination, even before you have a period.

## When should I start using contraception again?

You should start using contraception straight away. It is safe to have an intrauterine device (coil/ IUCD) or intrauterine system (IUS) fitted, these will not be fitted if there is any risk of pregnancy.

If you have received Depo Provera or Sayana Press (contraceptive injection) on the same day as starting your treatment, there may be a very small risk of an ongoing pregnancy (however, there is currently very little evidence to support this.)

## How will I feel after a termination?

How you react will depend on the circumstances of your termination and on how comfortable you feel about your decision. You may feel relieved or sad or a mixture of the both.

If these feelings do not settle it may be helpful to talk to someone you can trust or you can call us and we will arrange an appointment with a counsellor.

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**Counselling Following a Termination of Pregnancy**

The way you feel following your procedure will depend on a variety of issues, including personal circumstances. Your hormones will be returning to normal, this can sometimes lead to feelings of sadness. It is important to remember that everyone is different and there is no right or wrong way to feel. You may experience a number of different emotions.

Some people are surprised how strong these emotions are despite feeling they made the right decision. Depending on past experience, the procedure may bring up old feelings. Some may simply feel relief, knowing it was the right decision and they can now move on. In other cases the procedure can cause trauma in the mind. This can result in a number of symptoms and emotions including:-

**Anxiety** - you may feel an increase in your general anxiety levels or you may feel anxious around becoming sexual.

**Depression –** feeling numb. Experiencing symptoms of depression are common.

**Flashbacks –** as some of the procedures take place while fully conscious, some people experience flashbacks.

**Guilt –** this can be a common feeling, even when you felt the decision was the right one.

The procedure was a stressful life event that can cause trauma; many of these feelings are similar to these experienced in post- traumatic stress syndrome (PTSD).

It is important to stress that there is no right or wrong way to react or feel in this situation. If you are struggling with your feelings or finding it difficult to cope, you may benefit from counselling.

**Counselling**

Discussing your thoughts and feelings with a counsellor can help you make sense of your emotions. This process can also help you with residual negative feelings.

If the procedure has left you feeling depressed, anxious or you are experiencing flashbacks. You can work through these to uncover the underlying cause and how to cope with trigger thoughts/situations to facilitate change in the future.

Remember, even if time has passed, it is never too late to express your feelings.

If you feel you would benefit from counselling please contact the numbers below to arrange an appointment. If you already have an appointment and need to cancel or re- arrange the same number applies.

**01792 285005 or 01792 285017**

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## Telephone numbers

**Bridgend**

Gynaecology Ward – 01656 752325 (24 hour)

**Singleton Hospital**

Ward 1 Gynaecology 01792 285323 (24 hour)

Pregnancy Advisory Service – 01792 200303 (Monday – Thursday 8.00 to 15.00) (Friday 8.00 to 12.00)

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Ectopic pregnancy

An ectopic pregnancy is one that is growing outside the uterus (womb). Often, an ectopic pregnancy grows in one of the Fallopian tubes. Around 1% of pregnancies are ectopic. An ectopic pregnancy can be serious and even life threatening.

Signs or symptoms of ectopic pregnancy

These are the worrying signs to look for:

* lower abdominal pain, especially if on one side and severe
* pain under the ribs or in the shoulders
* fainting or feeling light headed
* vaginal bleeding.

If you have any of these, seek medical advice immediately from:

* Ward 1 Gynaecology 01792 285323
* Pregnancy Advisory Service, Singleton Hospital 01792 200303
* The nearest Emergency Department (A&E)
* Bridgend Gynaecology 01656 752325

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