

**PATIENT INFORMATION LEAFLET
FOLLOWING ECTOPIC PREGNANCY**

We are sorry that you have lost your pregnancy and understand that you are going through a difficult time. Please be assured that we are here to help and support you and provide advice. Here is some information to help you plan for the future.

- Having had an ectopic pregnancy, the chances of getting pregnant are approximately 70%. However there is a 10-15% chance of any further pregnancy being an ectopic pregnancy.
- Therefore if you are planning a pregnancy you will need to inform your GP of your intentions. We advise that you take folic acid 3 months before conception and to stay fit and healthy. Once you have conceived please contact the Early Pregnancy Assessment Unit (01423 555373) who will arrange an early ultrasound scan for you seven weeks after your last period.
- If there was no damage to the other fallopian tube after your ectopic pregnancy and you have not become pregnant after trying for a year then your GP should refer you to an infertility specialist.
- If there was damage to the tube on the opposite side to your ectopic pregnancy and you have unsuccessfully tried for a pregnancy for at least six months then your GP should refer you to an infertility specialist.
- If you require contraception then you should consider the combined oral contraceptive pill. A copper coil or progesterone-only-pill ('mini-pill') are not recommended as there is a slightly increased risk of another ectopic pregnancy. Please see your GP or Family Planning Clinic who will be able to advise you.
- There are support organisations that can help you through this time and the ward staff will give you information on the Ectopic Pregnancy Trust and the Miscarriage Association. The staff on the EPAU will also be pleased to give you advice. Further information can also be obtained by the following websites:
www.earlypregnancy.org.uk and www.ectopic.org.uk
- Contact telephone numbers: EPAU 01423 555373. Nidderdale Ward 01423 553647/553648

If you require this information in an alternative language or format (such as Braille, audiotape or large print), please ask the staff who are looking after you.