

Patient and Carer Information

INFORMATION LEAFLET FOR WOMEN FOLLOWING MEDICAL MANAGEMENT OF MISCARRIAGE or CHOOSING NATURAL MANAGEMENT

Please read this leaflet carefully. It will give you important information and advice. If you have any further questions, please ask your doctor or nurse.

When returning home from hospital these guidelines are to help you through the next few weeks.

1. Expect to have a moderate period-type blood loss. This may be constant or intermittent and can continue for a few days up to 3 weeks. You may also pass tissue, which is entirely normal, and no cause for concern, but use the telephone number below if you feel concerned. You can take painkillers such as Paracetamol for the pain. Don't forget to follow the instructions on the package.
2. If you have any severe pain which is not lessened by the pain killers and/or heavy bleeding contact the Early Pregnancy Assessment Unit (EPAU) on **01423 555373** between the hours of 09.00 – 14:00 Monday – Friday. Outside these hours, contact your own GP.
3. Once the bleeding has settled your periods should return within 6 weeks but this can vary from person to person. If you find that you have an offensive discharge, contact your own GP as you may have an infection.
4. Make sure that you use sanitary pads whilst you are bleeding and do not use tampons until your next period, as these can cause infection.
5. Do not have sexual intercourse until you have completely stopped bleeding as again this can cause infection.
6. Try to avoid any strenuous exercise and rest whenever you need to. Avoid swimming until the bleeding has stopped.
7. Arrange to have 48 hours off work, certainly whilst you are bleeding heavily. This will give you an opportunity to reflect on what has happened to you over the last few days. Go back to work only when you feel you are ready to do so and not before.
8. If it is unsure if you have passed any pregnancy tissue, you may be asked to return to the EPAU in 10 – 14 days to confirm a complete miscarriage. We will also ask that you repeat a pregnancy test in 2-3 weeks and contact the EPAU if it is still positive.
9. Lastly, we want you to realise that you are not alone now you have gone home. The staff at the EPAU are only a phone call away. You can just have a chat or see a member of staff in person. Please call the unit on the above number and we will make an appointment.
10. If you wish to try to conceive again we advise waiting until you had had 1-2 periods.

Useful information: The following websites may offer further information:
www.earlypregnancy.org.uk and www.miscarriageassociation.org.uk

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.