



Early Discharge home after medical termination of pregnancy

Patient information Leaflet

May 2018

This information leaflet should be read alongside the Medical Termination of Pregnancy Leaflet.

Some women prefer to have their termination of Pregnancy in the familiar and private surroundings of their own home. Early discharge home after medical termination of pregnancy is available in parts of the UK and the medicines used can only be given out by specialised clinics.

Research has shown that early discharge home after medical termination of pregnancy can be an acceptable and safe option for women who think it will be the best way for them.

Hospital termination of pregnancy is still available for all women who prefer it.

You may choose home termination if your scan shows that you will be less than 9 weeks pregnant on the day of the termination and you prefer the medical method of termination (tablets) rather than the surgical termination (operation).

Women considering home termination must also:

- Live within 30 minutes of Tameside Hospital
- Have a responsible adult with them throughout the day and overnight who knows they are having abortion
- Have a reliable telephone for incoming and outgoing calls
- Be medically healthy
- Speak English with ease

If you choose early discharge home after medical termination of pregnancy you would have three visits to the hospital.

Visit 1

On the first visit you will be given a tablet to swallow which starts the termination process. You can go home shortly afterwards. You may not feel any different and can carry on with your normal activities. Some women have light vaginal bleeding and few women fully miscarry at this stage.

Visit 2

You will be asked to come to The Well Woman clinic at 0800 two days later. Four tablets of Misoprostol will be given to you to place vaginally

whilst on ward 15. This can be done either by yourself or if you prefer by the nurse looking after you. You will also be given some painkillers to take and an antibiotic tablet. You can then go home after about half an hour.

You will be given some more pain killers to take home for any control of any further pain that you might experience.

We will let you know about your urine and blood test results if they are available and give you antibiotics if necessary.

We will give you the oral contraceptive pill to start on the same day after the termination if you wish.

We advise that you have someone with you for the journey and that you go straight home from hospital as the tablets can start working quickly.

What Happens Next?

The tablets cause the uterus to contract and pass the pregnancy.

The uterus contractions may start quite soon after you take the tablets or may not begin for 2 or 3 hours. Most women say the process feels like strong period pains.

Some women feel sick, have diarrhoea or feel hot & cold for a few hours after the tablets. You can eat and drink during the termination. Use the codeine painkillers if needed. You may find they take 20 minutes to start working. DO NOT take any other painkillers containing paracetamol. Some women find they are more comfortable walking around or soaking in a warm bath rather than lying in bed.

Usually the pregnancy will come away after 4 – 6 hours. You should expect to have cramps and bleeding like a heavy period with some clots.

You may see or feel the soft pregnancy tissue coming away. At this stage the pregnancy itself is less than 3 cm long. You can flush any clots or tissue down the toilet or collect in the pot we have provided and return it to the ward ideally within 24 hours so that the staff can deal with the pregnancy humanely.

Bleeding and cramps should become lighter after the pregnancy has come away.

One of the gynae nurses is always available to speak with you on the phone:

During the day 0161 922 6673

After 8pm and during the night or weekends 0161 922 6201

You should come into hospital if the bleeding is heavier than a period or you feel dizzy. Call the above numbers if this happens.

Visit 3

The medical termination of pregnancy works for about 98 out of 100 women at this stage of pregnancy. However approximately 2 in every 100 women need further medication or a surgical procedure.

It is very important that you come back to The Well Woman clinic for another scan after 2 weeks to make sure that the termination is complete. The nurses will make the appointment for you.

Please bring any unused tablets with you when you come for your scan. We can fit you with an intrauterine coil, an implant or contraceptive injection at this visit.

We advise that you do not use tampons or have sexual intercourse until after this check up visit.

As with hospital terminations there is a small chance of heavy bleeding or infection. If you notice heavy bleeding, a high fever or pelvic pain at any time during or after the procedure please contact our service using the numbers above.

Please take time to read this through and ask any questions before choosing early discharge home after medical termination. The clinic staff will be happy to help answer any questions.

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

آپنی یف ایہ تہا پڑتے یا بڑتے نا پآرےن، تاہلے انورہ کړے ا تہنیک ہلڈٹ ڈیمےر ساہے ڈےلیفونے یوگاآیوگ کڈن 0161 331 5149/5150 ایہ ناہارے، تہن تارا آپناکے ساہاآا کراتے پارہے۔

آپو آآپ آا آاھیتی آاآی ڈ ناآرہ ہاڈا لہڈی آا ڈرہا ڈرہی، آہاآی ڈ ڈےآا ڈیڈا آا
0161 331 5149/5150 لآڈر ہر ہاآڈ ہاڈا آا آاآا آا ڈرہا ڈرہا ڈرہا۔

آگر یہ معلوماآ پڑھ نہیں سکتے ہیں یا آپ کو اس کی سمجھ نہیں آتی ہے تو براہ مہربانی آہٹھک ہیلڈھ ٹیم کے ساآھ ٹیلی فون نمبر 0161 331 5149/5150 پر رابطہ کریں تو وہ آپ کی مدد کر سکیں گے۔

Document control information

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