

Tameside Well Women clinic

Medical Termination Of Pregnancy Discharge Advice

Patient information Leaflet

November 2017

Please remember that if you are not happy with your chosen method of contraception, you should seek advice regarding a different method BEFORE stopping it.

Discharge Arrangements

Following your termination, it is advisable to rest for the first day and then gradually get yourself back into a normal routine.

If you have been asked to come back for a follow-up scan, it is important that you attend to make sure that the termination is complete. The failure rate of medical termination is 1:500 and we need to be sure that you are not still pregnant.

Urine pregnancy tests are not reliable until at least 4-6 weeks post termination because pregnancy hormone levels will still be raised above normal and will affect the test result.

The timing of your next period will depend on the method of contraception chosen and will vary from 3-8 weeks.

Nobody knows how you will be feeling following your termination. This experience is personal to you.

Many women can experience a feeling of loss, sadness, numbness, confusion or anger after a termination at some time, even if they were very certain about their decision. This may not mean that the decision was wrong, but just difficult to make. It is common to feel “up and down” and some women on the other hand may feel relieved and unburdened.

Counselling is available to women and their partners following termination through voluntary organisations. Please ask your nurse or contact Tameside Well women clinic for details of these services.

If There Is A Problem

You may bleed vaginally for up to 3 weeks after medical termination of pregnancy. The vaginal loss will be bright red at first and then darker after a few days. It is not unusual to pass small pieces of tissue and small blood clots as long as this is not heavy.

If the loss does become **heavier than a period**, then contact Tameside Well women clinic or Women’s Health Unit or go to A&E Department.

It is advisable to use sanitary towels NOT tampons after termination to help prevent any infection. You should also avoid sexual intercourse until the bleeding has stopped.

If you develop a high temperature, an unpleasant smelling vaginal discharge, severe lower abdominal pain or any other unusual signs and symptoms, contact Tameside Well women clinic, Women's Health Unit, or go to your GP for advice.

You may experience some abdominal discomfort for 2-3 days after the termination. This should settle by taking a mild pain-relieving drug such as Paracetamol.

It is important that you have considered your future method of contraception as you could become pregnant again IMMEDIATELY following your termination – there is no “safe period” and you are advised to use your chosen contraception straight away.

If you have not already decided, we can help you choose the method of contraception that is best for you.

Remember you should use condoms when having sexual intercourse to reduce your risks of sexually transmitted infections.

Other Useful Contacts Or Information

Tameside Well women clinic	0161 922 4190 or 0161 922 6273
Women's Health Unit:	0161 922 4479
CARE (Confidential Abortion Issues)	0800 028 2228
Brook Advisory Centre (under 19's)	0161 237 3001
Sexwise (24 hrs)	0800 282 930
Rape Crisis	0161 834 8784
Relate	0161 872 0303
NHS Direct (24 hrs)	0845 4647
Connexions	0161 330 1528
Information Shop (under 20 counselling)	0161 355 3553
Domestic Violence Helpline	0808 200 0247
Tameside Women's Project (freephone)	0800 328 0967
	www.womensaid.org.uk
Branching Out (Under 19 help with drug and alcohol misuse)	0161 342 7605
Alcohol and Drugs Service	0161 343 1133 or 0161 604 3200

References

Royal College of Obstetricians & Gynaecologists, *About Abortion Care; What you need to know* September 2004

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 بھدی اہی تھب پڈتے بآ بھتے نآ پآرےن، تآھلے انؤرھ کرے ا تھنیک ہلڈھ ڈیمےر سآہے ڈےلیفونے یوگآیوگ بڈنن 0161 331 5149/5150 اہی نآھآرے، تھن تآرآ آپنآکے سآھبآ کرآتے پآرےے۔

آآو آآپ آآو آآھیتی پآآآی ڈ نآرہش ہآڈآ لآھتی تآو ڈرپآ ڈرہی، آتھآلیڈ ڈےتھ ڈیڈآوے 0161 331 5149/5150 لآڈر پآر بآپڈ نآھآو تےآو آآپآو ڈرہر ڈآڈ ڈرہی۔

آگر یہ معلومآت ڈرھ نہیں سکتے ہیں یآ آپ کو اس کی سمجھ نہیں آتی ہے تو برآو مہربآنی آتھنک ہیلتھ ٹیم کے سآتھ ٹیلی فون نمبر 0161 331 5149/5150 پر رآبط کریں تو ڈہآپ کی بڈر کر سکیں گے۔

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