

The Orchid Clinic: options for women thinking about having an abortion

Gynaecology Department

Information for Patients

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Introduction

The Orchid Clinic based at Leicester Royal Infirmary. It has been set up for people thinking about having an abortion. In the clinic you will have

- a consultation with a doctor or nurse
- an ultrasound scan to see how many weeks pregnant you are

You can talk about what you would like to do. The staff will support you with making your decisions.

We will offer you a sexual health screen to check for infections. The clinic can also arrange counselling if you would like it.

How do I make an appointment?

- You can **book an appointment yourself. You do not need a referral from your GP.** Call **07867 528791** Monday to Friday, 9am to 4pm. The call will be answered by the nurse who will book an appointment for you. If no-one answers the phone, you can leave a voicemail and the nurse will call you back. This is a confidential number. It will only be answered by Orchid Clinic staff.
- Your GP can organise an appointment.
- Your local sexual health service can organise an appointment.

Trust policy

At UHL, we are able to offer a abortion up to 14 weeks gestation, unless there are other serious medical reasons (for example, a risk to your life) for a later abortion up to 16 weeks .

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Surgical abortion (leaflet 1534 available at yourhealth.leicestershospitals.nhs.uk)

The procedure

This is suitable for people from 6 to 14 weeks of pregnancy. It is a short operation. It is done either under a general anaesthetic (so you are asleep) or awake with local anaesthetic and painkillers. We will talk to you about the options for pain relief.

The operation takes about 15 minutes.

Before the operation, we will give you tablets to dissolve under your tongue or put inside your vagina to soften the neck of the womb.

During the procedure, the cervix is stretched open. The pregnancy is removed using suction.



What happens afterwards?

Most people will go home later the same day. We will give you a separate information leaflet if you chose surgical abortion. This gives you your appointment date and time as well as a list of Do's and Don'ts.

Are there any risks with a surgical abortion?

A surgical abortion of pregnancy is safe for most people but with any operation there are risks and complications. Less than 1 in 100 people has a serious complication when having an abortion:

- infection
- bleeding or hemorrhage
- damage to the neck of the womb (cervix)
- damage to the womb and surrounding organs like bowel, bladder or blood vessels.
- failure or incomplete abortion where some tissues are left behind or the pregnancy continues.

The risks are small. We take care to reduce the risks.

Early medical abortion (leaflet 1019 available at yourhealth.leicestershospitals.nhs.uk)

This is suitable for people who are under 10 weeks pregnant. The treatment is given in 2 parts - 2 days apart. For some people they may be best to have the treatment in hospital. Most people can take the treatment at home.

How does the first part of the treatment work?

You will take a tablet. It blocks progesterone hormone which is needed to support the pregnancy. The tablet stops the pregnancy growing. This helps prepare the womb for the next set of treatment and sometimes starts the abortion off.



How does the second part of the treatment work?

Within 48 hours, you take the second set of tablets. These work by softening the cervix and by making the womb contract. You will start to get some cramps, have some bleeding and the

pregnancy will come out through your vagina like a heavy period.

You can take pain killers to help with the cramps.

You may have a fever, feel sick or have a bit of diarrhoea.

If nothing happens in the first 3 hours after you take the tablets, you will take another set of tablets.

If you are more than 9 weeks pregnant or you have other health problems, we usually keep you in hospital for the treatment as sometimes more doses are needed the further in to the pregnancy you are.

If you have the procedure in hospital you will usually be able to go home after 6 to 8 hours.

Are there any risks with a medical abortion of pregnancy?

It is safe but there are small risk of failure, heavy and prolonged bleeding, risk of infection and emotional upset.

For some people the abortion does not start straight away, but it usually starts within a week.

About 5 in 100 people need to come back into hospital for a surgical procedure because of heavy bleeding or other problems, or not all of the pregnancy comes out.

For about 1 to 3 in 100 people, the treatment does not work at all. If this happens, a surgical abortion of pregnancy can be carried out or the medical procedure can be repeated.

[What happens to the pregnancy remains after my abortion?](#) (leaflet 487 available at yourhealth.leicestershospitals.nhs.uk)

We do not normally offer any tests on the pregnancy remains when you have an abortion.

You can choose one of the following options for what happens to your pregnancy remains after the examination.

- **Hospital communal cremation .**
- **Make your own arrangements** and organise a private burial or cremation or burial at home of your baby or pregnancy remains in your garden.
- **Hospital incineration**



Whatever you decide to do, we would like to record your written instructions. We will ask you to sign a form telling us what you want us to do.

There is another leaflet available to help you make a decision about what happens to your pregnancy remains, if you want to make a decision.



When to get help

Contact the Gynaecology Assessment Unit (GAU) if:

- you have heavy bleeding, for example, if you need to change a soaked sanitary towel 2 times in 1 hour.
- you have any signs of infection such as discharge from your vagina that smells bad, a high temperature and stomach cramps that are not settling with painkillers.
- if the pain becomes worse and is not being controlled by taking painkillers.

Please contact us on the numbers below for advice.

People often have many different kinds of emotions after a abortion. If you wish to talk through things at any time with our counsellor, you can call on the number below to arrange an appointment with her. You don't need a referral.

Useful contacts

All enquiries will be dealt with sympathetically and in confidence. We will always protect your privacy

Orchid Team nurses (Monday to Friday, 9am to 4pm)	0116 258 5939 or 07867 528791
Gynaecology Assessment Unit (24hr)	0116 258 6259
Gynaecology Counsellor	07534 168299
British Pregnancy Advisory Service (BPAS)	03457 304030
Leicester Sexual Health	0300 124 0102

1st Floor Haymarket Shopping Centre, Leicester, LE1 3YT

You can also telephone the NHS advice line on 111

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk