

# Information about your procedure at The Orchid Clinic

Gynaecology Department

Information for Patients

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## Introduction

This leaflet gives you information about a medical termination (abortion) of pregnancy (TOP). Progesterone is a hormone that is needed to continue a pregnancy. A tablet is swallowed that blocks the hormone progesterone. Another tablet is given (into the vagina) 24 to 48 hours later.

## Is it safe?

Many women have reliably used this treatment. Every form of medical treatment has some side effects. The main risks with this treatment are very small, but include:

- infection.
- excessive vaginal bleeding; about 1 in every 100 women treated this way may need to have a minor operation to control the bleeding due to some pieces of pregnancy tissue remaining in the womb.
- incomplete termination of pregnancy; 1 to 5 in every 100 women will not pass the pregnancy tissue. An ultrasound will be arranged for 1 to 2 weeks after the procedure if this happens to you.

## What happens - day 1

Come to the Gynaecology Assessment Unit (GAU) on Ward 8 (Level 3, Balmoral Building, Leicester Royal Infirmary) at the pre-arranged time and date. **Please contact us if you are running late on 0116 258 5939.**

You will be met on the unit by a nurse who will check your personal details, discuss your treatment and answer any questions.

You will be given 1 tablet to swallow with some water.

You can eat and drink as normal.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://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](mailto:InformationForPatients@uhl-tr.nhs.uk)

You will need to stay on the unit for 30 minutes to an hour. This is to make sure you feel ok and that the tablet has been absorbed. If you are sick (vomit) within the hour you will need to have a another tablet.

You may experience period pain, back ache and period like bleeding. Do not worry, this is normal.

**You should not drink alcohol or smoke.**

## What happens - day 2

You may need to stay in hospital anywhere between 6 to 8 hours.

Wear loose, comfortable clothing and bring spare underwear and sanitary towels.

You are welcome to bring someone to stay with you for the day. Children are not allowed due to the nature of treatment.

You can eat and drink as normal.

You will be examined vaginally, and 4 tablets will be inserted into your vagina. Soon after this you may start to have period like pains and some vaginal bleeding.

After 3 to 4 hours, another 2 tablets will be inserted into your vagina if you have not already passed the pregnancy tissue.

You will be asked to use a cardboard tray every time you go to the toilet, so the nurse can monitor the bleeding and when the pregnancy tissue comes away.

Please let the nurse know if the pain becomes uncomfortable so that we can give you some pain relief. Women vary in their reaction to this treatment.

During the treatment you may suffer from diarrhoea, sickness, headache ,dizziness, hot flushes or chills. There is usually no need to worry about this. It should not last for long.

**We do ask that someone drives you home in a car or a taxi.**

## What happens when I go home?

You may bleed and pass some clots of blood for up to 2 weeks after the procedure and have period-like cramps. If it is safe for you, take simple painkillers such as paracetamol, co-codomol or ibuprofen (no more than 8 in 24 hours).

Use sanitary towels rather than tampons until your next period as this can reduce the risk of infection developing.

Shower, but avoid a hot bath for 2 days as this may make you feel dizzy. It may also increase the bleeding and increase the risk of infection.

You should go to the contraception clinic or your GP to talk about your contraception follow-up. It is possible for you to become pregnant straight away. For this reason you must start to use contraception immediately once your termination is confirmed.

The combined contraceptive pill, mini pill (POP), the implant and the contraceptive injection can be started the day after treatment is complete.

You may consider an IUD (coil) insertion once the medical termination has been successfully completed.

Avoid having sex whilst you are bleeding and for 1 week after the bleeding stops. You should then use condoms for 2 weeks to reduce the risk of infection.

You should take things easy for a couple of days.

## When to seek help

- If you have heavy bleeding, for example, if you need to change a soaked sanitary towel 4 times in 1 hour.
- Any signs of infection, such as discharge from your vagina that smells very 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 or ask your GP for advice. Women often have a variety of emotions after a termination of pregnancy. If you feel the need to talk about your feelings you can ring us to arrange an appointment.

## Useful contacts

All enquiries will be dealt with sympathetically and in confidence.

|  |                               |
|--|-------------------------------|
| <b>Orchid Team nurses</b> (Monday to Friday, 9am to 4pm) | 0116 258 5939 or 07867 528791 |
| <b>Gynaecology Assessment Unit</b> (24hr)                | 0116 258 6259                 |
| <b>Karen Cunningham</b> (Counsellor)                     | 0116 258 6418 or 07534 168299 |
| <b>Leicester Sexual Health</b>                           | 0300 124 0102                 |
| 1st Floor Haymarket Shopping Centre, Leicester LE1 3YT   |                               |

You can also telephone the NHS advice line on 111.

## Appointments

Date: ..... Time: ..... At: .....

Date: ..... Time: ..... At: .....

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اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة 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](mailto:equality@uhl-tr.nhs.uk)