

The Orchid Clinic

Gynaecology Department

Information for Patients

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Introduction

The Orchid Clinic based at Leicester Royal Infirmary has been set up to provide access for women considering / requesting a termination (abortion) of pregnancy. The clinic provides a consultation with a doctor or Clinical Nurse Specialist (CNS) and an ultrasound scan to confirm gestation. The consultation gives you the opportunity to discuss what you would like to do and the staff will guide you with making a treatment plan.

You will also be offered a sexual health screen. The clinic can also arrange counselling if you need any additional support.

How do I make an appointment?

- You can **self refer**. Call **07867 528791** Monday to Friday, 9am to 4pm. The call will be answered by the Clinical Nurse Specialist (CNS) who will book an appointment for you or discuss your concerns. You can leave a voice mail and the CNS will call you back. This is a confidential number and will only be answered by Orchid Clinic staff.
- Your GP can refer you.
- Your local sexual health service can refer you.

Trust policy

As a matter of Trust policy, we are only able to offer a termination of pregnancy up to 13 weeks gestation, unless there are overwhelming medical grounds (e.g. risk to your life).

Pregnancy tissue is disposed of in a sensitive manner at the council crematorium. This will be discussed with you, and you will be asked to give your consent for this.

**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 termination of pregnancy (abortion)

The procedure

This is suitable for women from 6 to 13 weeks gestation. It involves a short operation usually under a general anaesthetic (so you are asleep). Information on anaesthesia will be given to you at your appointment.

The operation takes about 15 minutes. Before the operation, tablets will be inserted inside your vagina. This is to soften the neck of the womb (the cervix).

During the surgery, the cervix is stretched and the pregnancy tissue is removed using a suction tube attached to a vacuum pump.

What happens?

The operation is done on a day care basis, although some women do need to stay overnight in hospital for medical reasons. You will be given an information sheet which gives you your appointment date and time as well as Do's and Don'ts.

Are there any risks with a surgical termination of pregnancy?

A surgical termination of pregnancy is safe. Nevertheless as with any operation there are certain medical risks and complications which can arise. Complications are not common, with less than 1% of women having a serious complication.

The 5 main complications are:

- infection
- bleeding or hemorrhage
- surgical damage to the neck of the womb (cervix)
- surgical damage (perforation) to the womb and surrounding organs
- failure or incomplete termination

This information is not intended to scare you. The risks are small and care is taken to reduce the risks. We hope you will be reassured.

Early medical termination of pregnancy (abortion)

This is suitable for women who are under 10 weeks pregnant. A tablet is given to you to swallow and 24 to 48 hours later tablets (or pessaries) are inserted into your vagina to start a termination.

How does the tablet (given at my 1st appointment) work?

This tablet works by blocking the action of the progesterone hormone which is essential to the development of an early pregnancy.

How does the tablet (given at my 2nd appointment) work?

This tablet works by softening the cervix and by making the womb contract. This causes the pregnancy tissue to leave the womb through the vagina. After a while you will start to get some cramps, have some bleeding and the pregnancy tissue will follow. Pain relief is always available, and trained staff will be around to look after you. There may be some sickness and diarrhoea. Most women are able to go home after 6 to 8 hours.

Are there any risks with a medical termination of pregnancy?

A small percentage of women do not pass the pregnancy tissue within the 6 to 8 hours, but will do so later at home.

About 5 in every 100 women (5%) need to come back into hospital for a procedure known as 'dilation and curettage' or 'scrape' because of bleeding or other problems.

For about 1 to 3% of women, the treatment does not work. If this happens, a surgical termination of pregnancy can be carried out or the medical procedure can be repeated.

When to seek help

Contact your own doctor or phone the Gynaecology Assessment Unit (GAU) if:

- you have heavy bleeding, for example, if you need to change a soaked sanitary towel 4 times in 1 hour.
- you have 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.

Orchid Team nurses (Monday to Friday, 9am to 4pm)	0116 258 5939 or 07867 528791
Gynaecology Assessment Unit (24hr)	0116 258 6259
Gynaecology Counsellor	0116 258 6418 or 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 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