

Early medical abortion of pregnancy in hospital

Gynaecology Department

Information for Patients

Last reviewed: December 2024

Next review: December 2027

Leaflet number: 900 Version: 2

Introduction

We understand that you do not wish to continue with your pregnancy as you feel this is unsafe, unplanned or unintended. We understand this is a difficult decision to make and we are here to support your decision and provide you with safe medical care.

You have chosen to have, or are thinking of having medical management of abortion. We hope the information here will explain your options.

If you have any questions or if there is anything you do not understand, please ask the nurse, doctor or service team at the Orchid Clinic.

This leaflet gives you information about a medical abortion when it is carried out in the hospital. The treatment is given in 2 parts - usually 2 days apart.

How does the first part of the treatment work?

We will give you an abortion medication tablet (mifepristone) to swallow. You do not need to stay in hospital after taking this tablet. But if you are sick (vomit) within 4 hours of taking the tablet, you should contact the team at the Orchid Clinic as you will need to take another tablet. This tablet blocks progesterone hormone which is needed to support the pregnancy. This helps prepare the womb for the next set of tablets. Sometimes it starts the abortion off. You can go home after taking this part of the treatment.

**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

What happens - day 1

Come to the Gynaecology Assessment Unit (GAU) on Ward 8 (Level 3, Balmoral Building, Leicester Royal Infirmary) at the 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. They will check your personal details, discuss your treatment and answer any questions.

We will give you 1 tablet to swallow with some water. You can eat and drink as normal.

You will need to stay on the unit for 30 minutes to an hour. This is to make sure you feel ok. If you are sick (vomit) within 4 hours, you will need to have another tablet.

After you have gone home, you may get some period pain, back ache and bleeding like a period. Do not worry, this is normal but if the bleeding is heavy call the Gynaecology Assessment Unit..

You should not drink alcohol or smoke.

How does the second part of the treatment work?

After 1 or 2 days, you will be come back to hospital for the day to have the second set of tablets called misoprostol. These soften the cervix and give you contractions.

After a while, you will start to get some cramps, have some bleeding.

The lining of the womb will break down. This causes pain, bleeding and the pregnancy will come out of the womb through the vagina. Sometimes you may need to take more doses of misoprostol to get the pregnancy to pass.

What happens at the second part of the treatment?

You are welcome to bring someone to stay with you for the day for company and support. Children are not allowed.

Wear loose, comfortable clothing. Bring spare underwear and sanitary towels. You may like to bring some things to occupy you like a book, some headphones or an iPad.

You can eat and drink as normal.

We will examine you and place 4 tablets into your vagina. After a few hours, you may start to have period like pains and some vaginal bleeding.

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

After 3 to 4 hours, another 2 tablets will given to you if you have not already passed the pregnancy. If nothing has happened by the end of the day, we will usually let you home to pass the pregnancy at home, if it is safe for you and you are well enough.

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

Please let the nurse know if you feel unwell or the pain becomes too much so that we can give you some pain killers.

You will usually be able to go home after 6 to 8 hours.

If you are more than 9 weeks pregnant, you may need up to 5 sets of tablets so we tend to keep you in hospital during the whole process. Sometimes more treatment and support are needed the further into the pregnancy you are.

You should arrange for someone to drive you home in a car or a taxi. You should have someone to look after you for the next night and day in case of complications.

Is it safe?

For most women this treatment is very safe. The main risks with this treatment are small:

- infection
- bleeding or hemorrhage
- failure or incomplete abortion where some remains are left behind in the womb or the pregnancy continues.

What happens when I go home?

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

Tampons can increase the chance of getting an infection. You should use sanitary towels rather than tampons until your next period.

You can shower but avoid a baths for 2 days as this may make you feel dizzy. It may also increase the bleeding and increase the risk of infection.

Do not have 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 start birth control straight away. The combined contraceptive pill, mini pill (POP), implant, contraceptive injection can be given straight away or an IUD (coil) insertion the day after abortion is complete.



When to seek help

- If you have heavy bleeding, for example, if you need to change a soaked sanitary towel every hour.
- 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.

Women often have many different kinds of emotions after a abortion of pregnancy. If you need to talk about your feelings you can contact our counsellor directly to arrange an appointment.

Useful contacts

All enquiries will be dealt with sympathetically and in confidence.

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| 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 |
| Leicester Sexual Health | 0300 124 0102 |
| 1st Floor Haymarket Shopping Centre, Leicester LE1 3YT | |

You can also phone the NHS advice line on 111.

Appointments

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 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