Patient Information

Leaflet

**This information should be read before your telephone appointment.**

Home termination is widely available in Scotland. The medicines used can only be given by specialised clinics. Research has shown that home termination is an acceptable and safe option for women. Hospital inpatient termination of pregnancy is also available for women who prefer it and for those over 10 weeks pregnant and up to 20 weeks.

You may choose home termination if you will be less than 10 weeks pregnant on the day of the termination and your nurse/doctor thinks this is a safe option for you.

It is important that women considering termination at home:

• Be a maximum gestation of 10 weeks at the time of termination

• Have a reliable telephone for incoming and outgoing calls

• Be over 16 years of age

• Have a support adult present

• Speak and read English

• Be available for follow up in 2-3 weeks

• Accept that we notify your GP that you are undergoing this procedure, and if we cannot contact you at follow up.

**What if I change my mind or am unsure?**

If you have doubts about your decision at any time, please feel free to discuss them with us. Lots of women have doubts. We know you sometimes need time to think things over. If you remain undecided we can arrange a further appointment if necessary. There are contact numbers at end of this leaflet if you need to contact us.

**Telephone consultation**

All women will be offered a telephone appointment with a nurse and you should read this information leaflet before the consultation. We will ask you about your medical history and your reasons for wanting a termination. We will then discuss the safest option for you and explain the procedure options. We may ask your consent over the phone rather than a written signature.

If the nurse thinks it is safe for you to have your termination at home, you will be asked to collect your medication.

Regardless of home/hospital procedure you will need to attend a hospital appointment, date, time and location of visit will be decided during your telephone consultation.

You may also be asked to attend Raigmore Hospital for an ultrasound scan or to start contraception.

**1st Day of tablets**

Date:

Location:

**2nd Day of tablets**

Date:

Location:

**Telephone follow up**

Date:

Time:

Location:

**2020**

**3**

**Information for termination of pregnancy at home**

**First Day of Tablets (Day 1)**

You will be given a mifepristone tablet to swallow on Day 1 of your termination. You may not feel any different and can carry on with your normal activities. Some women have light vaginal bleeding and there is a chance that you will miscarry at this stage. You may also experience some period pains and may take paracetamol based tablets to help.

**Second Day of Tablets (Day 3)**

You will also be given misoprostol tablets to take at home and these should be taken 48 hours after the first tablet.

 Place 4 misoprostol tablets under your tongue (2 on each side) or place all 4 tablets high into your vagina. Take the 2 extra misoprostol tablets either under the tongue or in the vagina or swallow 3-4 hours after the first dose. Take all medications regardless of pain/bleeding.



**What happens next?**

The misoprostol tablets cause the womb to contract and pass the pregnancy. This happens soon or in 2-8 hours. Most women say the process feels like strong period pains.

Some women feel sick, have diarrhoea or feel hot and cold for a few hours after the tablets. We recommend you eat, drink and move during this time as normal. Use pain control tablets used for period cramps if needed. Some women find they are more comfortable walking around or soaking in a warm bath rather than lying in bed.

You may see or feel the soft pregnancy tissue coming away. You can flush any clots or tissue down the toilet. Your bleeding and cramps should become lighter after the pregnancy has come away.

You can phone the nurses on the ward at any time for advice or if you are concerned. **Ward 9B – 01463 705376**

**How long will I bleed for?**

The amount of bleeding at the time of termination varies but most women describe the bleeding as ‘much heavier than my period’ and it may include some large clots. If you experience continuous and heaving bleeding (SOAKING two or more pads in an hour while resting) contact the ward. If you have not started bleeding within 48 hours of your second tablets, contact the clinic (01463704431) as the procedure may not have been effective.

It is advised that you use sanitary towels and NOT tampons whilst you are bleeding. You can then expect to bleed for around two weeks although this could continue for one month or longer. You should continue to use sanitary towels and not tampons until you have a normal period. This is to reduce the risk of getting an infection into the womb.

**How soon can I have sex?**

We recommend should wait until the bleeding has stopped (at least 7-10 days). When you do start to have sex use a condom (as well as your chosen method of contraception) to reduce the risk of infection getting into the womb. You should continue using a condom until your next period arrives.

**Telephone Follow-up**

The medical termination works for about 98 out of 100 women under 10 weeks of pregnancy. However, approximately 2 in every 100 women need further medication or a surgical procedure.

It is extremely important that you follow up 2- 3 weeks later. We will give you a urine pregnancy test to do on a first morning urine sample and the date that we will text you.

**You can also text us to let us know your result on the Social gynaecology mobile 078252630199.**

If you fail to follow-up then we will need to contact your General Practitioner.

Signs that treatment may not have worked and that you may still be pregnant:

• If you do not bleed within 48 hours of receiving misoprostol tablets

• If you have less than 4 days of bleeding

• If you still ‘feel’ pregnant at the end of one week or have symptoms of pregnancy such as sore breasts, sickness, tummy growing, etc.

• If at 2 weeks after treatment, the urine pregnancy test (that we give you) is positive or invalid

**2020**

**5**

**Information for termination of pregnancy in hospital**

**Swab and blood tests**

**Contraception**

If you are over 10 weeks pregnant or the nurse does not think a home termination is safe, you will be offered a procedure on the ward.

A medical termination in hospital is similar to the home termination except that you will be cared for by nursing staff on the ward. You will be given a single room during your stay. This will allow you some privacy and the use of a private toilet and showering facilities. Ward staff will check on you regularly and you will be required to stay for at least 2 hours after you have passed the pregnancy. This allows the nurses to observe your bleeding and to make sure you are well enough to go home.

A surgical termination is not as easily available at present and is only suitable under 12 weeks, if you feel a surgical termination is right for you. You can discuss this with the nurse during your telephone consultation.

You may not need an STI swab or blood test and this will be discussed with you during your telephone consultation. If you do require STI testing, we will either post out a Chlamydia/gonorrhoea swab to you or ask you to do a swab in hospital..

Research has shown that we do not need to know your Rhesus blood type under 10 weeks of a pregnancy.

You can get pregnant before you get your next period. It is very important that you start contraception as soon as possible. For contraceptive pills and patches we can include this in your medication pack. If you would like to have a Depo injection or an implant inserted, then we will ask you to attend the clinic for this. If you would like to have a coil fitted, we will advise you to use some other form of contraception until this can be arranged by you GP or Highland Sexual Health.

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| **Contact Details****Clinic nurse**  | **01463 704431 or** **07825263199**  |
| **Ward9B**  | **01463 704376**  |
| **Women’s Health Clinic**  | **01463 704278**  |
| **Highland Sexual Health**  | **01463 888300**  |
| **British Pregnancy Advisory Service**  | **08457 304030**  |