

Surgical Termination of pregnancy

We hope this information will help to answer some of the questions you may have about being in hospital and having your procedure. Our aim is to give you the best possible care and consideration during this time.

Going in to hospital

You will be admitted for day case surgery. Providing you are fit following surgery, you will be able to go home on the same day as your operation. Please remove any make-up, nail varnish/false nails and jewellery before you come in to hospital in preparation for your operation. Please bring a dressing gown and slippers. You will be able to bring one person to stay with you whilst you are in hospital, if you wish.

Following your operation

A General Anaesthetic is used to put you to sleep for your operation. You will be asleep for a very short time and you should recover from an anaesthetic quite quickly following your operation.

However, having an anaesthetic will affect your concentration therefore it is very important that for the first 24 hours you do NOT:

- drive any vehicle, operate any machinery, or undertake any work involving any danger to you or others
- use gas or electrical appliances
- travel home alone, use public transport or be alone in the house
- make important decisions or sign important documents
- consume alcohol, sleeping drugs or tranquillizers, unless prescribed.



Benefits and Risks

The benefits are to safely terminate the pregnancy without a general anaesthetic. As with all procedures, there are some risks, that will be discussed with you, by the Doctor, before you sign the consent form.

The possible risks are:

- bleeding
- infection
- damage to the cervix, uterus, other organs
- incomplete procedure
- failed procedure.

It may be necessary for additional procedures if, any of the above complications should arise, this will also be discussed when signing the consent form. If the procedure has failed or is incomplete a further operation may be necessary to remove the retained tissue at a later date.

Please remember that these risks are rare, you need to be aware so that you are able to make an informed choice.

Discharge advice

You may bleed for 7 to 10 days following the procedure. The bleeding should be period like, becoming less until it disappears. It is possible you will pass a small amount of 'tissue' from the pregnancy, this may occur with some bleeding. This is acceptable, providing the blood loss is not very heavy or prolonged.

To help prevent the possibility of an infection occurring, it is necessary to take the following precautions:

For the next three weeks, do not:

- have sexual intercourse
- use tampons or put anything into the vagina
- go swimming.

If you experience any flu-like symptoms, fever, smelly vaginal discharge or lower abdominal pains please contact your GP, as it could be a sign that you have an infection.

If you have any problems overnight or on discharge from hospital please contact Ward B6 at Bassetlaw Hospital Tel: 01909 502254, or Ward G5, Doncaster Royal Infirmary, Tel: 01302 553163. Alternatively, you can contact your own GP.



Contraception

Please remember you could get pregnant again soon after your termination and before your next period. Therefore, it is sensible to choose suitable contraception as soon as possible, this will be discussed with you at your clinic appointment and your chosen contraception will be arranged before you are discharged from hospital. Information leaflets are available please ask a member of clinic staff. Remember: if you do not have a regular partner, it is sensible to use condoms to protect yourself from sexually transmitted diseases.

Please remember there is no right or wrong way to feel following a termination. If you are having difficulties coping with your feelings try talking to someone you feel comfortable with. This may be all you need. However, if you find you are still unable to cope then you may benefit from professional help.

Your GP can refer you to the appropriate services, if required or see alternative contacts below.

Emergency contact:

Ward G5, Doncaster Royal Infirmary, **Tel: 01302 553163.**

Ward B6, Bassetlaw Hospital, **Tel: 01909 502254.**

Contact for Advice:

Early Pregnancy Unit, Bassetlaw Hospital, **Tel: 01909 502307**

(8.00am - 2.30pm Monday to Friday)

Emergency NHS number: **Tel: 111**

Useful telephone numbers

Contraception Useful telephone numbers:

Contraception/GU medicine / Sexual health clinic:

Ryton Street, Worksop, **Tel: 01909 506418**

Retford Hospital, Retford, **Tel: 01777 863355**

Doncaster Royal Infirmary, Doncaster, **Tel: 01302 553111 or 553112**

East Laithe Gate House, Doncaster, **Tel: 01302 640040 or 640044.**

CASY, Counselling & Support for Young people, (age 9 - 24 years)

Tel: 07968 517026

www.casy.org.uk



Talkzone, Centre Place, Worksop

Free counselling in a safe & confidential environment for young people, (aged 16 - 25 years), **Tel: 01909 530943**

www.centreplace.org.uk/talkzone.

Patient Advice & Liaison Service (PALS)

PALS staff are available to offer advice or information on healthcare matters. The office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email. PALS staff can also visit inpatients on all Trust sites.

The contact details are:

Telephone: 01302 553140 or 0800 028 8059

Email: pals.dbh@dbh.nhs.uk

