Saint Mary’s Hospital

Bleeding In Early Pregnancy (Threatened Miscarriage)

Emergency Gynae Unit – Information Leaflet
You have been given this leaflet because you have had some symptoms that may have been explained to you as a ‘threatened miscarriage’.

**What is a threatened miscarriage?**

This is the term given when a woman experiences vaginal bleeding in early pregnancy. Bleeding during pregnancy can be a sign of miscarriage, however, this is not always inevitable.

You will be asked to attend the EGU (Emergency Gynae Unit) for a scan and some tests. Although it can be very worrying if you are bleeding, we hope that your scan will reassure you that your pregnancy is continuing. Normally your bleeding should become lighter and eventually stop and will not have harmed the baby in any way.

**Should I come back again?**

If, after leaving the Emergency Gynae Unit you experience any of the following, we advise you to contact the EGU Department on the telephone number given on the back of this leaflet, or your own General Practitioner (GP).

- The bleeding continues or gets heavier.
- You pass blood clots or tissue.
- You experience strong stomach cramps or abdominal pains.

**What should I do in the next few days?**

Women are often advised to take bed rest while bleeding, however, this seems to make little difference to the final outcome. If you wish, you may return to work, once you feel happy to do so.

Until the bleeding stops we recommend that you use sanitary towels rather than tampons. Although there is no evidence to suggest that having sexual intercourse while you are bleeding causes miscarriage, it is advisable to avoid this, as a precaution. It is safe to resume sexual intercourse once the bleeding has stopped and at all other times during pregnancy.
**Blood group**

Everyone’s blood falls into one of the following blood group categories: A, B, AB or O. We also have a rhesus factor – positive or negative.

Women who are rhesus negative and have experienced bleeding in pregnancy may need an injection of anti-D. This prevents the development of antibodies that may be harmful in future pregnancies. If your blood group is rhesus negative, you may be asked to return to the unit so that anti-D can be administered.

**Advice and support**

You may find that the whole experience has been worrying for you and has left you anxious about the future of this pregnancy. We hope that this information leaflet will have answered a few questions and provided some reassurance.

However, if you would like to talk things over further, then your GP can provide advice and support during this time, as well as arranging further ante-natal care for you. Do not be afraid to contact them.

Alternatively, please feel free to contact the Nurses in the Emergency Gynae Unit for advice on the number given overleaf.

**Contact numbers**

**Emergency Gynae Unit**

0161 276 6204

(Between 8.00am – 4.30pm)

**Ward 62:**

0161 276 6105 or 0161 701 0048
No Smoking Policy

The NHS has a responsibility for the nation’s health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on Tel: (0161) 205 5998 (www.stopsmokingmanchester.co.uk).

Translation and Interpretation Service

These translations say "If you require an interpreter, or translation, please ask a member of our staff to arrange it for you." The languages translated, in order, are: Arabic, Urdu, Bengali, Polish, Somali and simplified Chinese.

Translation (Arabic):
إذا كنت بحاجة الى مترجم، او ترجمة، من فضلك اطلب من احد موظفيتنا ترتيب ذلك لك

Translation (Urdu):
اگر آپ کو ایک مترجم یا ترجمہ کی ضرورت ہے تو برائے کرم بس کے عامل کے کسی زکن سے کہیں کہ وہ آپ کے لئے اس کے انتظام کرے۔

Translation (Bengali):
আপনার যদি একজন দোকানের আমদানী, অথবা অনুমোদনের প্রয়োজন হয়, দান করে আমাদের একজন কর্মীকে বলুন আপনার জন্য ইহা ব্যবহৃত করতে।

Translation (Polish):
Jeśli Pan/Pani potrzebuje tłumacza lub tłumaczenie prosimy w tym celu zwrócić się do członka personelu.

Translation (Somali):
Haddii aad u baahantahay tarjubaan, fadlan waydii qof ka mid ah shaqaalahaayga si uu kuugu.

Translation (Chinese):
如果你需要翻译或翻译员，请要求我们的员工为你安排

www.cmft.nhs.uk

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