Saint Mary’s Hospital

The Whitworth Clinic

Information for patients
Welcome to the Whitworth Clinic at Saint Mary’s Hospital

This leaflet will give you information about the service, treatment and aftercare to help you through this difficult time.

If there is anything you are unsure of please ask the staff at any time.

If you feel the need to discuss your decision or explore your thoughts and feelings before or after the abortion, there is a counsellor available. You can make an appointment on 0161 276 6283 (8.30 am – 4.30 pm; answerphone available out of hours) or ask the staff.

The service is confidential even if you are under 16 years of age. However, if we feel that you or another person may be at risk of harm, we may need to share information with other professionals. We would always discuss this with you.

Please let your nurse know if you do not want your GP to be contacted.

Before a termination of pregnancy can be undertaken, various tests need to be performed:

1. **Ultrasound scan** – to check the stage your pregnancy is at. If you have already had a scan in this pregnancy please inform the clinic staff prior to your appointment.

2. **Blood tests** – to check your blood count, blood group and for a sickle/thalassaemia screen.

3. **Sexual health screening** – to check for vaginal infection.

Before the abortion you will see a nurse. She will discuss your options with you and answer any questions you have. You will also see a doctor who will make sure you understand and consent to treatment.
At Saint Mary’s Hospital we offer two different ways of ending a pregnancy. Both options are explained in this leaflet. Please discuss the options with our staff to ensure you choose the right method for you.

**Medical abortion**

**Early pregnancy – under 10 weeks**

This is a two stage procedure which involves taking two different medicines 36-48 hours apart. The effect of the medication will be similar to an early natural miscarriage. If there is availability it may be possible to have stage one after the initial consultation.

For the first stage you will need to come to hospital to take a tablet called Mifepristone. This tablet blocks the hormone Progesterone which is needed for a continuing pregnancy and it ‘prepares’ the uterus (womb) for the next stage. You may go straight home and carry on as normal, although it is advised that you do not smoke or drink alcohol until two days after the abortion is complete.

It is possible some women may experience light bleeding/spotting or mild period type pains after this stage.

You will be asked to return to the Gynaecology ward two days later for the second stage of the treatment.

This involves having Misoprostol tablets inserted vaginally.

These tablets will cause the uterus (womb) to contract and empty so you will have heavy bleeding and period type pain. Women vary in their reaction to this treatment: If you need pain relief, please ask the nurse.
You may also experience some diarrhoea, sickness and hot flushes.

Eventually, you will pass the pregnancy through the vagina. You will need to use a bedpan every time you use the toilet so that the nurses can check that the abortion is complete.

The whole procedure takes about 4 to 6 hours, but you may stay longer if you do not feel well enough to go home.

Please arrange for someone to escort you home.

As far as possible you will be given a single room. You may like to bring someone with you as well as books/magazines.

Please also bring some loose, comfortable clothing, spare underwear and some sanitary towels (not tampons). You will be able to eat and drink normally for both admissions.

Very occasionally, the pregnancy may not be passed after six hours. If you are well you may still go home. You will need to return in a few days to have another scan and be reviewed to ensure that the treatment is complete.

Late pregnancy – 10 to 19 weeks

Again, this is a two stage procedure, and the first stage is the same as for early medical abortion.

The second stage of this treatment (again two days later) involves having Misoprostol tablets inserted vaginally, then taking them by mouth every three hours until the abortion is complete. The tablets will make your womb contract and your cervix (the entrance to the womb) open to allow the pregnancy to be expelled. This could be quite upsetting and there is a chance that you may see the fetus. We will do everything possible to help you through this difficult time and the nurse will discuss what will happen with you.
This procedure may take up to 10 hours and involve an overnight stay in view of the pregnancy being more advanced.

With both medical abortion options, each woman reacts differently to the treatment. For this reason it is difficult to predict how much pain and bleeding you can expect, or how long the treatment will take. The nurse will be there to help and support you and to provide any pain relieving medications you may require.

The treatment is safe and suitable for most women but please tell the nurse and doctor if you have any medical conditions.

Most medical treatments have potential side effects or risks. With this the main risks, though small, are:

- Excessive vaginal bleeding.
- Infection of the womb.
- Incomplete abortion.

**Surgical abortion**

This method can be used for pregnancies between 8 and 12 weeks size.

You will need to be admitted to the ward for one day.

You should have nothing to eat or drink for 6-8 hours before your operation.

1-2 hours before the operation you may have a pessary inserted into your vagina. Some women get period type pain, bleeding or diarrhoea at this stage.

You will be escorted to theatre and will be put to sleep with a general anaesthetic for about 15 minutes.
Suction is used to empty the uterus (womb).

Once you have fully recovered you may go home.

Please arrange for someone to collect you and to remain with you until the next day.

You should not drive or operate machinery for 24 hours.

Every form of surgery has some risk. With this operation the risks, though small, are:

- Infection of the womb.
- Excessive bleeding.
- Incomplete abortion.
- Perforation of the womb.
- Damage to the cervix.

**Afterwards - Medical and Surgical abortion**

**Bleeding**

You may have some bleeding, like a period for up to 7-14 days.

Please use sanitary towels and not tampons during this time.

Your next menstrual period should come 3-8 weeks after the abortion.

If you have any concerns regarding your pain or bleeding, are passing clots or have a smelly vaginal discharge please contact the Whitworth Clinic or your GP.
•  **Sex**

You may resume sex when the bleeding has stopped and you feel ready in yourself.

•  **Contraception**

You can get pregnant straight away! You must use a reliable method of contraception before you have sex again. If you haven’t already decided, we can help you choose the method that is best for you.

•  **Feelings**

It is normal to feel a range of emotions after an abortion. You may feel, for example: relieved, sad, numb, confused or angry. It is common to feel ‘up and down’ for a while.

If you need to talk to someone, or would like to make an appointment to see our counsellor, then please call us at the Whitworth Clinic.

Please note: We have a procedure for sensitive disposal of pregnancy tissue. Please ask the nurse if you require any more information about this.
The nurse will discuss with you the choices and option you have depending on how many weeks pregnant you are. This summary may help:

**Medical abortion**

- Does not involve general anaesthetic.
- There is no surgery to the cervix or womb.
- Can be done at any stage.
- Can be done at the weekend if under 10 weeks.
- You may feel that this method is more natural or that you are in control.
- May be more suitable for women with certain medical conditions.

**Surgical abortion**

- You will be asleep during the procedure.
- Your treatment will only need one visit to the hospital.
- May be more suitable for women with certain medical conditions.

Saint Mary’s Hospital is a large teaching hospital and sometimes we have trainee doctors or nurses present in the clinic. Please let staff know if you do not wish them to be present during your consultation.
Helpful contact numbers:

Central Booking Service
(Daily, 8.00 am – 7.00 pm) 0845 365 0565

The Whitworth Clinic
(Monday-Friday, 8.00 am – 4.00 pm) 0161 276 6283

Emergency Gynaecology Unit
(24 hours) 0161 276 6204

Manchester Contraception and Sexual Health Service
(The Hathersage Centre) 0161 701 1555

Brook
(Sex and Contraception advice for under 20’s) 0161 237 3001
www.brook.org.uk

Family Planning Association
(Sexual Health Direct) 0845 122 8690
www.fpa.org.uk

NHS direct (24 hours) 0800 567123
Please use this space to write down any questions or concerns you may have.
Violence, Aggression and Harassment Control Policy

We are committed to the well-being and safety of our patients and of our staff. Please treat other patients and staff with the courtesy and respect that you expect to receive. Verbal abuse, harassment and physical violence are unacceptable and will lead to prosecutions.

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).

Suggestions, Concerns and Complaints

If you wish to make a comment, have a concern or want to complain, it is best in the first instance to speak to the manager of the ward or department involved.

The Trust has a Patient Advice and Liaison Service (PALS) who can be contacted on (0161) 276 8686 and via e-mail: pals@cmft.nhs.uk. They will help you if you have a concern, want advice, or wish to make a comment or complaint.

Information leaflets about the service are readily available throughout the Trust. Please ask any member of staff for a copy.
Translation and Interpretation Service

Do you have difficulty speaking or understanding English?

Shey nekta dhrajtek bhogat dhur tinaudh? (BENGALI)
Kya aapko angrezi bolne ya samjhne me khatarnai he? (HINDI)
Tame baasa kahle patachit kaaymba muahekali aaye chhe? (GUJARATI)
Vi vrukhlu angrezi chethan no mavan hit divadhe? (PUNJABI)
Meyy ku addagahay inaad ku hadasho Ingiriiska aad sahamto (SOMALI)
 هل لديك مشاكل في فهم أو التكلم باللغة الإنجليزية؟ (ARABIC)
你有困难讲英语或明白英语吗？ (CANTONESE)
کیا اپنا انگریزی دوسر میں سیاسات ہاتھی ہو؟ (URDU)

0161 276 6202/6342

Gynaecology Service
Saint Mary's Hospital
Oxford Road
Manchester
M13 9WL

www.cmft.nhs.uk