Saint Mary’s Hospital

Aftercare following Surgical Management of a Miscarriage

Gynaecology Unit – Information Leaflet
We are sorry that you have received bad news about your pregnancy. We realise that this is a very distressing time for you. The staff are here to support and help you throughout this difficult time. If, after reading this leaflet, there is anything that you are worried about or unsure of, please do not hesitate to ask or let us know.

**What can I expect after the procedure?**

The anaesthetic which was used to put you to sleep will continue to act on your body for the next 48 hours, so you are likely to feel sleepy. This will wear off, but until it does, be kind to yourself and rest as much as possible.

**For 24 hours after the anaesthetic YOU MUST NOT:**

- Drive a vehicle
- Drink alcohol
- Make important decisions (such as signing any legal documents)
- Use hazardous machinery
- Engage in sport, strenuous exercise, heavy work or lifting

**Pain**

For the next week or two you may experience period-like cramps. We advise you to get plenty of rest. You can take any painkillers which suit you to ease any discomfort, but please ensure that you follow the instructions on the packet and do not exceed the stated dosage. Some women find that a hot water bottle also provides some pain relief and comfort.
♦ **Sickness**
Sometimes you can feel sick following the procedure. This will usually settle within a few hours, however, if it persists, drink water and contact your General Practitioner (GP).

♦ **Bleeding**
This may vary. You may bleed for one to two weeks or have little or no bleeding at all. Your bleeding may be bright red or dark brown and you may lose some small clots: do not be concerned about this. Your next period may be heavier than usual, and will usually happen 3-6 weeks after this treatment.

♦ **Infection**
Whilst you are bleeding, the cervix (neck of the womb) may be open, and there is a risk of infection. To reduce this risk, we advise that for the first 2 weeks you:

- **Avoid** having sexual intercourse. If you do, please use a condom
- **Do not** use tampons
- **Do not** swim or undertake water sports (baths and showers are allowed)

♦ **Feelings**
As an individual your feelings are unique. Over the next few weeks, you may experience days when you feel completely ‘back to normal’ and days when you may feel sadness or a sense of loss. These feelings are all normal, but you may find it helpful to talk to someone you know and whom you feel close to.

If you do wish to talk to someone about your feelings and are unable to do so with a partner, close friend or family member, you might like to consider contacting our Counsellor on the number given overleaf.
When should I be concerned?
If you experience any of the following, please either contact us on the numbers detailed below or contact your GP.

- Severe pain or the pain becomes worse rather than better
- Your blood loss becomes very heavy or prolonged (longer than 2 weeks)
- You lose a lot of large clots
- Your discharge becomes offensive smelling
- You experience chills or a temperature

Will I need a follow-up appointment?
You may wish to see your GP in 4-6 weeks to check that your body is getting back to normal.

When can I start trying for another baby?
It is perfectly safe to start trying for another pregnancy once you and your partner feel ready to do so (providing you feel well and you have stopped bleeding). For dating purposes, there is some advantage in waiting until your next normal period, however if you conceive before your period there is no increased risk of miscarriage.

If you are planning to get pregnant again, we recommend that you take folic acid tablets (400 micrograms per day) whilst you are trying to conceive and until the 12th week of the pregnancy. This helps to reduce the risk of Spina-bifida, an abnormality of the baby’s spine. You can buy tablets at your local chemist or supermarket or, alternatively, you can obtain them from your GP.
Contact Numbers:

Emergency Gynaecology Unit 0161 276 6204
Between 9.00am-4.30pm)

Ward 62 0161 276 6105 or (24 hours) 0161 701 0048

Counsellors (confidential service) 0161 276 6283

Useful Addresses:
The Miscarriage Association: Tel 01942 200 799
www_miscarriageassociation.org.uk

Suggestions, Concerns and Complaints

If you would like to provide feedback you can:
• Ask to speak to the ward or department manager.
• Write to us: Patient Advice and Liaison Services, 1st Floor, Cobbett House, Manchester Royal Infirmary, Oxford Road, Manchester M13 9WL
• Log onto the NHS Choices website www.nhs.uk - click on ‘Comments’.

If you would like to discuss a concern or make a complaint:
• Ask to speak to the ward or department manager – they may be able to help straight away.
• Contact our Patient Advice and Liaison Service (PALS) – Tel: 0161 276 8686 e-mail: pals@cmft.nhs.uk. Ask for our information leaflet.

We welcome your feedback so we can continue to improve our services.
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.

إذا كنت بحاجة الى مترجم، أو ترجمة، من فضلك اطلب من احد موظفيتنا ترتيب ذلك لك
اگر آپ کو ایک سیمجرم یا ترجمہ کی ضرورت ہے تو برائے کرم بسارے عملے کے کسی رکن سے کہین کہ آباإے کے لیے اس کا انتظام کرے۔

وإذا كنت بحاجة إلى مترجم، أو ترجمة، فلذك، استعن بموظفنا لترتيب ذلك لك

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