

## Information about your surgical procedure: Local Anaesthetic

Please attend:..... Day/Date:..... Time:.....

### What to do before coming into hospital

Please bring any medications, including inhalers; eat and drink as normal; wear loose, comfortable clothing and bring in some sanitary towels/change of underwear. You may bring one adult with you, who can sit with you whilst you are waiting for your treatment, but they aren't able to come into the procedure itself.

### Risks of the procedure

- Heavy bleeding needing a blood transfusion <5%
- If treatment isn't complete or fails needing repeat surgery <5%
- Infection <1%
- Making a small hole in the womb (perforation) <1%
- Significant tear to the neck of the womb – rare
- Women have a higher risk of blood clots in their legs or lungs in pregnancy, and in the six weeks after this procedure. If you have had a blood clot before, blood clotting disorders in your family, smoke or have a high body mass index, you may be at higher risk and need to start injections into your abdomen (tummy).

The earlier in pregnancy you are, the lower the risks will be. We will cover this in more detail on your consent form.

### What will happen when I am in hospital?

When you arrive, small tablets will be put into your vagina to soften and open up the cervix (neck of the womb), which can sometimes cause period type pain and slight bleeding. You will be offered an antibiotic tablet to swallow, then wait in our recovery area until the medicines work, which takes about 2 hours. You can walk through to the treatment room where the doctor will place a speculum in the vagina and put numbing jelly onto and into your cervix, followed by numbing injections into the cervix.

The pregnancy tissue will be removed by gentle suction, which takes about 10-15 minutes. At the end of the procedure you will normally have an ultrasound scan to ensure that the womb looks as it should. During the procedure you will get bad period-type cramps, but these will settle quickly afterwards. We will give you further tablet pain relief should you need it. The nursing staff will check you are well afterwards and discharge you home. If you are rhesus negative blood group, you will be offered an injection of 'Anti-D' before you leave. This will prevent problems in future pregnancies.

If you do not want to be pregnant now, please ensure you have contraception in place prior to being discharged. Ask the nurse looking after you if you need more information. If you do want to be pregnant now, we suggest you re-start your folic acid but wait until you have had one period before trying to conceive gain.

### What happens to the pregnancy tissue?

We will have had a conversation with you about what happens to pregnancy tissue after the procedure. If any of the information does not make sense, or you have further questions, please ask us.

### Aftercare

When you go home you will bleed for may be for one day, or maybe up to 14 days – it varies for women. The bleeding should not be heavier than a normal period and will gradually get lighter. Avoid using tampons and sexual intercourse until bleeding has stopped to reduce the risk of infection. You should expect your next period around 4-6 weeks’ unless you have started a hormonal contraception. You don’t need a check-up unless you have concerns. You may bath and shower as normal, use sanitary pads and not tampons until your next period and don’t go swimming until the bleeding settles. Most women feel able to go back to work quickly after treatment, others like to take a few days to recover. It will depend on how you feel, what kind of job you have and when you feel ready.

### How might I feel emotionally afterwards?

Everyone will have an individual experience when it comes to their emotions after a treatment, for some women these can be strong, for others it will be less so, Whatever emotions, be reassured that these are completely normal, and there will be other women who have been in your position, feeling exactly the same as you. If you have someone you can talk to about your experience and your feelings, this often helps, We suggest you take a few weeks to allow your feelings to settle, If things are still not getting easier after this time, please contact us to arrange counselling.

Please seek urgent attention if you:

- Soak 2 big sanitary pads an hour, for 2 hours
- Have pain that is not getting better with regular pain relief
- Feel your bleeding is very smelly
- Have a temperature or fever of 38 degrees or higher, diarrhoea, vomiting
- Are worried about any of your symptoms

### Contact Details:

<p>The Early Pregnancy Unit (EPU), Treatment Centre, <b>Hinchingsbrooke Hospital</b>, Huntingdon, PE29 6NT</p> <p>Opening days may vary</p>	<p>The Emergency Gynaecology Assessment Unit (EGAU), Women’s Health Outpatients, Bretton Gate, <b>Peterborough (City Hospital)</b>, PE3 9GZ</p> <p>Open: Weekdays 0800-1800 Weekends/bank holidays 0800-1200</p>
<p>Central triage line for EPU and EGAU: 01733 673758 (voicemail will cut in when the line is engaged – please leave a message for a call back)</p> <p><a href="http://www.womenshealthpeterborough.co.uk">www.womenshealthpeterborough.co.uk</a></p>	
<p>For emergencies only, out of these hours, please attend the Emergency Department</p>	