

We are sorry for your pregnancy loss.

You have chosen to have outpatient medical management of your miscarriage. This is where tablets called Misoprostol are inserted vaginally to start vaginal bleeding to pass the pregnancy. These tablets can be inserted by the doctor or nurse while you are in the hospital OR you can choose to take the tablets home and insert them yourself at a convenient time. The aim is that you are able to complete the miscarriage in an environment that may be more private, comfortable and familiar to you.

### **Research has shown that using medical management:**

Approximately 90 - 100% of women with an incomplete miscarriage and approximately 85 - 100% of women with a missed miscarriage will have a complete miscarriage after medical management, avoiding the need for surgery. The nurse or doctor will advise you as to your type of miscarriage.

### **What happens next?**

You will be given four tablets (in the department or to take home), which can either be inserted into your vagina digitally (with a finger) or can be given by mouth if you prefer. You can then go home. You will need to buy some sanitary pads for heavy flow (not tampons). to use at home, as well as pain relief medication such as Paracetamol or Co-codamol and Ibuprofen.

### **What to expect at home**

It is impossible to tell you exactly when you will start bleeding, how much you will bleed or how much pain you will have as this varies from person to person. Remember to use sanitary towels not tampons. Most women will start to bleed within the first 24 hours. Some women may start bleeding straight away, while others may not bleed for a few days. At some stage we expect you to experience an episode of bleeding. If you have NO bleeding after 48-72 hours please contact the Gynaecology Assessment Unit (GAU) department on the numbers provided.

This may seem heavier than a period and there may be clots of blood. There may be one episode that goes on for a few hours or repeated episodes that go on for a few days. This is normal.

You may pass small amounts of white or jelly like material or a small sac, this is normal. It is unlikely that you will pass anything recognisable and you can use the toilet as you normally would during a period.

If you wish, we can give you a container so that you can bring back anything you pass so that we can send it to Landican Crematorium on your behalf.

The majority of women will complete their miscarriage within three weeks; we recommend that you perform a **home pregnancy test after three weeks.**

If this is still positive then please contact the Gynaecology Assessment Unit for further advice. Your next period usually occurs within six weeks but can be heavier than normal.

Your periods will return to their normal pattern but it may take a few cycles for this to happen.

If you are concerned at any time please do not hesitate to contact the GAU Nurses on the following numbers: -

**Gynaecology Assessment Unit:**  
0151 604 7450

(07:45-19:45 Monday - Friday)

**Gynaecology Ward 54:**  
0151 604 7132

(24 hours - Emergency Contact Only)

### **Trying again for pregnancy**

Once you have had a negative pregnancy test you can safely try again for pregnancy if you wish and feel emotionally ready. We would normally recommend that you have one period prior to trying for pregnancy so that you can keep a track on your pregnancy dates.

Miscarriage is a personal experience that affects people differently, for some it can be a very distressing time. Below you will find links to some of our local charities that offer support to families experiencing pregnancy loss, you may find them useful in providing support or further information to you at this sad time.

You may want to remember your loss after a miscarriage, as well a scan picture we would like to offer a keepsake and the staff will discuss this with you during your appointment. If you decline this and then change your mind when you have gone home staff will happily support you with memory making at a later date.

### Local Charities

#### CRADLE

Louise Zeniou (Founder) 07870904113

Website: <http://www.cradlecharity.org>

Facebook: [www.facebook.com/Cradle](http://www.facebook.com/Cradle)

Instagram: [cradle\\_epl](https://www.instagram.com/cradle_epl)

Twitter: [@cradle\\_EPL](https://twitter.com/cradle_EPL)

Email: [louise@earlypregnancyloss.co.uk](mailto:louise@earlypregnancyloss.co.uk)

[Cradle@earlypregnancyloss.co.uk](mailto:Cradle@earlypregnancyloss.co.uk)

#### ELSIES MOON

Facebook: [www.facebook.com/ElsiesMoon](http://www.facebook.com/ElsiesMoon)

Instagram: [@elsiesmoon](https://www.instagram.com/elsiesmoon)

Web: [www.elsiesmoon.co.uk](http://www.elsiesmoon.co.uk)

Email: [Support@elsiesmoon.co.uk](mailto:Support@elsiesmoon.co.uk)

This leaflet is available in large print, Braille and on tape.

Please call 0151 604 7289 for more information.

This information is also available in other languages, please contact a member of staff for details.



Wirral University Teaching Hospital NHS Foundation Trust operates a No Smoking Policy. Please refrain from smoking on site.

# Outpatient Medical Management of First Trimester Miscarriage

## Information Leaflet

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