Medical Termination
Information for Clients Going Home

The doctor and nurse will have already explained to you how the medication works and what to expect during the course of the treatment. This information leaflet is for you to keep and read. We will be happy to answer any questions you may have.

How does it work?

The Mifepristone tablets work by blocking the action of progesterone, a hormone needed in pregnancy; this is used with **Misoprostol** tablets which are administered 24 hours later orally at home. This cause the cervix to soften and the womb to contract. You can eat and drink normally throughout treatment.

Is it safe?

Many women worldwide have used this treatment and is has proved to have a good safety record. However, there are some known risks or complications which are discussed below.

Bleeding

There is a risk of bleeding between taking the first tablet in clinic and second tablet at home. If this is heavy and you are worried please do not hesitate to ring:

Telephone on 01422 224415 (Out of Hours)

Gynae Assessment Unit on 01422 224979

compassionate care

Response to the tablet

Contraction of the womb caused by the tablet varies in each woman. It is impossible to say exactly how long the procedure may last. In a very few number of women the womb does not contract strongly enough to bring away the pregnancy, if this happens, the doctor or nurse will discuss other procedures with you.

Sensitivity to the tablet

The tablet may cause sickness and diarrhoea however this is usually minor.

Emotional after effects

Having a termination is not an easy decision to make; each woman will have different feelings depending on their circumstances and experiences. Most women experience weepy spells over the first two days following the termination. This is because of the change in hormones. If you are worried about these feelings you may benefit from talking to a health care professional.

Retained products and ongoing pregnancy

Part of the pregnancy, usually the membrane maybe left behind in the womb after the procedure. Very rarely it is possible for the pregnancy to survive and continue.

You will have a telephone consultation with doctor the day before your hospital appointment.
A consultation with the doctor to discuss options, treatment and verbal consent for the procedure will take place over the phone. The doctor will discuss with you contraception and sexual health screening as well.

At your first visit to the Calderdale Royal Hospital

You will have been offered an ultrasound scan and sexual health screening. Nurse will complete the appropriate documentation and check written consent with you.

A vaginal self taken swab will be offered. Nurse will offer first treatment - Mifepristone orally if you decide to go ahead with abortion.

A pack will be given to you to take home so that you can start taking tablets at home on second day as discussed. 4 tablets needed to be taken buccaly (cheek wall) for 30 mins and then 2 tablets to be taken orally with water 3 hours after.

Pack contains abortion tablets, contraception pills of your choice, condom, contact number and information leaflets and a copy of the consent form.

Before you take the Mifepristone tablet, you should be prepared to go through the full regime. You cannot change your mind once you have taken this first tablet.

Sometimes the Mifepristone tablet can cause vomiting. If this occurs within one hour you should return for another tablet.

Second part of the procedure at home as discussed

Date Time

2pm - 4 tablets at cheek wall for 30 mins

5pm - 2 tablets drink with water

We recommend that you should have an adult support at home on second day of the procedure at home. Someone needs to stay at home with you throughout the day.

There is a small risk of haemorrhage, however, severe bleeding that requires treatment occurs in less than 1% of women. The nurse will have discussed with you how to contact us if you have any problems. It is common to have some abdominal cramps which may last for a few hours, or vaginal bleeding which may last for up to two weeks.

Once at home it is important to keep mobile. These drugs may cause some women to feel sick or have diarrhoea. This is normal. Usually within 4 - 6 hours the procedure is complete and bleeding should settle and return to a normal period up to 7 -14 days. The pain should settle and your bleeding should return to a normal period type after one to two weeks.

Paracetamol, Codeine, Ibuprofen can be used for pain relief at home.

If you have not started to bleed within 48 hours you should ring:

Gynae Assessment Unit (01422 224979) to be rebooked to repeat the procedure again if needed.

Calderdale Royal Hospital (01422) 224415

We recommend that you use a home pregnancy test four weeks after the termination. If you have any doubts that the treatment has **NOT** been successful, please contact the **Gynae Assessment Unit on 01422 224979 / 224415**

- No sex for 4 weeks after the procedure to avoid infection is advisable.
- Do not use St Johns Wort, drink grapefruit juice or alcohol until 48 hours after the procedure.

If you have any concerns please contact:

Calderdale Royal Hospital
Salterhebble
Halifax
HX3 0PW

Telephone GAU on 01422 224979 / 224415 / 224416
Monday -Sunday 24/7

- Your own GP.
- Broad Street Sexual Health Centre 01422 261370.

If you have any comments about this leaflet or the service you have received you can contact :

Secretary to Consultant Gynaecologist
Heatherdale Clinic Gynae Assessment Unit
Calderdale Royal Hospital
Telephone No: 01422 224979

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"