



## Home Medical Management of Miscarriage

We are sorry that you have lost your baby. You have chosen what is known as medical management of miscarriage. This leaflet will explain what this means.

### **Before starting your treatment:**

The nurses will take a blood test to ensure that you are not anaemic and to check your blood group. If you are anaemic it may not be possible to go ahead with the treatment. The test results take about one and a half hours, so you may want to go for coffee while you are waiting.

You will then be asked to give consent for the treatment. A member of staff will talk to you about the different types of medications we will use and the risks of the procedure.

### **Treatment:**

Medication (Misoprostol 800 micrograms) is put into the vagina by one of the nursing staff. The Misoprostol causes the cervix (neck of the uterus or womb) to soften and the uterus to contract. You will be observed for half an hour before being able to go home. (Some women will need to remain in hospital and this will be discussed with you if necessary).

### **After the treatment:**

About 2 - 4 hours after the Misoprostol has been given you should start bleeding and have period type cramps. It is difficult to say how soon the pain and bleeding will start and finish as this is different for each person.

You can take Paracetomol to control the pain if you wish, if you are requiring stronger pain relief please inform the nurses in the Early Pregnancy Unit. You should use the toilet in the same way as if you were having a heavy period. Once you have passed the pregnancy tissue your pain and bleeding will begin to settle. You may go on to bleed for 7 – 14 days however, this will gradually become less.

### **Side effects**

You will experience heavy period like bleeding. As you are about to pass the pregnancy tissue the bleeding will become heavier and you will pass large clots. If you are concerned about the amount of blood you are passing you should contact the nursing staff on the contact numbers provided.

Each person feels pain differently so it is difficult to say how you will cope. You should expect to experience strong period type crampy lower abdominal and back pain. If your pain is not controlled with painkillers, do not hesitate to contact us.

Misoprostol may cause nausea and / or diarrhoea. Some women also get a short period of feeling hot and shivery (this is more uncommon). Prolonged abdominal pain, fever and / or smelly, greenish vaginal discharge may indicate infection and you should contact us for advice if this occurs.

We would strongly advise that you should have another adult with you at all times until you have miscarried and that you do not travel home from hospital by public transport when you are

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bleeding.

If you would prefer the hospital to dispose of your pregnancy tissue for you, please discuss this with the staff and they will make the appropriate arrangements for this to be done in a sensitive manner.

## Follow up

One of the nurses will phone you the day after your Misoprostol treatment to check on your progress. If you have passed pregnancy tissue you will be advised to do a home pregnancy test in 2 weeks and to contact us if it is still positive.

If you have not miscarried, you will be offered another appointment in two weeks. If the pregnancy tissue is still present, your case will be discussed with the consultant who will decide upon further management. This may be one of the following:

1. Repeating the medical management
2. Proceeding to surgical management

These options will be discussed with you and appropriate arrangements made.

## Support:

Miscarriage Association: 01924 200799 [info@miscarriageassociation.org.uk](mailto:info@miscarriageassociation.org.uk)

We offer a Miscarriage support group on the Heartlands site once a month which we highly recommend; you can contact our volunteer Catherine on 07595840775 or email [enquiry@thepinksnblues.co.uk](mailto:enquiry@thepinksnblues.co.uk)

Contact Details Early Pregnancy Unit:

Good Hope Hospital 0121 424 7747

Heartlands Hospital 0121 424 3505

Lead Midwife for Early Pregnancy and Miscarriage Care is Rachel Small

## Accessibility

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