

- There is a small risk during the procedure that your womb may become damaged. This may require a further procedure under anaesthetic, and on very rare occasions may result in a hysterectomy. We tell you this, not to alarm you but because of the importance of this, we feel you would wish to know.
- It is fairly common after the procedure for tissue to be retained. This may require its removal in theatre under anaesthetic.

The treatment you will be given involves taking two different types of tablet. The first is Mifepristone (other name Mifegyne) followed by Misoprostol (other name Cytotec). Both of these drugs are widely available but their use in combination is outside their product licence. Whilst we are obliged to inform you of this, we should at the same time reassure you that there is much research and clinical experience of the use of these two drugs in this way.

Emotional/psychological distress

As an individual, it is difficult to predict whether you will experience any emotional problems immediately after, or in the future following an abortion. If you feel you are not coping, we would suggest that you contact either the Bedford Clinic or your GP or referring Doctor so that counselling or support can be arranged.

If you require further advice regarding the method of abortion, you can contact the **Bedford Clinic** on **0151-708-9988 extension 1130** between, **08-00 and 16-00**. During the procedure, if you require medical advice for eg. Bleeding, the **Emergency Room** is open 24 hours a day on **0151-708-9988 extension 4583**.

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LIVERPOOL WOMEN'S HOSPITAL BEDFORD CLINIC

MID TRIMESTER MEDICAL ABORTION

PLEASE READ THE INFORMATION LEAFLET CAREFULLY

A medical abortion is available between the fourteenth and sixteenth week of pregnancy. If you are found to be suitable for this procedure, it will involve two visits to a gynaecology ward after your initial consultation at the Bedford Clinic.

You will be asked to sign a consent form and by doing so, you are showing that you understand and have accepted all the information provided.

THE MID TRIMESTER MEDICAL PROCEDURE

What is this procedure?

It is a course of tablets, which starts the abortion by causing bleeding. To complete the procedure a further course of tablets are taken. You will remain in hospital until the abortion process is complete. This may require an overnight stay in hospital.

FIRST VISIT

On the first visit Mifegyne tablets will be given with water. You will then be requested to remain on the ward for approximately one hour for observation and to ensure that the tablets have been absorbed. Before leaving the ward you will be given an appointment to return to the ward within forty-eight hours.

IF YOU START TO BLEED AT ANY TIME AFTER TAKING THE MIFEGYNE TABLETS, YOU MUST ATTEND THE WOMEN'S HOSPITAL, THROUGH THE EMERGENCY ROOM.

SECOND VISIT

You should attend the ward at 08-00 hrs. Any visiting arrangements should be discussed with the ward staff prior to admission. Please bring with you toiletries, including a towel, a pack of sanitary towels, several pairs of briefs, nightdress (not pyjamas), and any items required for a possible overnight stay.

You will be given tablets to swallow; these tablets will cause the womb to contract which usually feels like period pains. These pains can vary depending on the individual and may be quite strong. (Painkillers are available). You will also start to bleed vaginally. These tablets will be given every four hours until you have passed the pregnancy (foetus). Nursing staff will be available to support you through this procedure, as there is a possibility that you will see the pregnancy.

Following the abortion the bleeding may continue for up to fourteen days. It is not unusual for it to stop and start.

During your stay you might feel sick, vomit or possibly have diarrhoea. These effects are due to the tablets you have been given and are nothing to worry about. Painkillers and anti-sickness medication will be given on request. During your stay a meal and hot drinks will be available.

You should arrange for somebody to escort you home and look after you, as you may feel unwell or have a heavy bleed. You will need to see your referral doctor / GP four weeks after the procedure for a check-up.

POINTS TO BE AWARE OF BEFORE YOU START THE PROCEDURE, INCLUDING RECOGNISED RISKS OF ABORTION

- It is important before you take the first tablet that you are certain of your decision. There are known risks to the foetus from the medication and therefore, we must recommend that you proceed with the abortion after the tablets have been taken.

- It is recommended that you do not smoke or drink any alcohol once the procedure has commenced.
- The procedure is very individual and is therefore unpredictable with regards:
 - 1 It is possible you may experience nausea or vomiting at home, although this is unusual.
 - 2 Abdominal pain – if you experience pain you must only use PARACETEMOL (DO NOT USE ANY OTHER PAINKILLERS AS THIS MAY EFFECT THE PROCEDURE).
 - 3 If you have vaginal bleeding you must attend the Women's Hospital immediately through the Emergency Room.
- The Trust will take responsibility for the sensitive and dignified disposal of aborted pregnancies.

RECOGNISED RISKS OF MID TRIMESTER MEDICAL ABORTION

- Abnormal bleeding – Approximately 1 in 20 women have problems with post abortion bleeding. There are various causes – if you feel that your bleeding is abnormal you should contact your GP immediately. This bleeding may be treated by your GP but sometimes this requires a D&C, which is an operation to remove tissue from the womb. This is because it is impossible to guarantee at the time of the procedure that all of the tissue has been passed. Although it is extremely rare, the bleeding can be heavy and potentially serious.
- Infection – If you notice any abnormal, offensive discharge, general feeling of being unwell, high temperature/fever, you should contact your GP.
- Infertility – It is sometimes believed that after an abortion, women may have difficulty in becoming pregnant in the future. It is not however possible to be absolutely certain about this. However, the risks of this are certainly very small.