

Coping and Management of an Incomplete Miscarriage

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Incomplete miscarriage of pregnancy

Miscarriage can have a considerable emotional impact. It is common for both partners to feel a combination of grief, distress, loss, shock, guilt, anger and depression. Many feel very isolated and alone. It can be even more upsetting when the miscarriage is incomplete, and more treatment is needed. You may find that talking about your feelings will help you come to terms with your loss. If possible try and talk with a close friend, family member, counsellor or your GP.

The Buchanan Suite staff are here to support you at this difficult time.

If after reading this leaflet you would like more information on coping, or want to discuss your situation, please do not hesitate to contact a member of staff.

Following your miscarriage you have chosen to take medication which will help to remove the tissue and clots which are left in your womb, to enable it to return to its normal size.

The medication is called Misoprostol

The most common drug used for this purpose is called Misoprostol (brand name Cytotec). Misoprostol is labelled as an ulcer medication but has been found to be helpful in miscarriage management.

Misoprostol

As with any medication, you **cannot** take it if you have certain health problems. With Misoprostol these are:

- A known allergy to the medication
- History of strokes
- Chronic problems with your lungs
- Severe asthma
- Severe vascular disease including high blood pressure
- Pressure within your eyes (raised intraocular pressure).

If you have a prosthetic heart valve or history of heart infection (infective endocarditis) you may need antibiotics.

If you have any doubts, please discuss them with the doctor or nurse who is caring for you.

What happens next?

- At your appointment on Ward 3E you will be given 400mcg of Misoprostol in tablet form.
- You will then be admitted to the Gynaecology Ward 3E to be observed.
- After about 3 hours you may need a second dose of Misoprostol 400mcg.
- About 3 hours after your second dose, you will be seen by a doctor who may allow you to go home.
- During your stay on the Gynaecology Ward you may have heavy bleeding, have period-type pain or pass clots. If you are worried about the amount of bleeding or need pain relief, please ask a member of staff immediately.
- Even without passing clots or tissue it may still be possible for you to go home. However, you need to be aware that you may experience heavy bleeding with clots during the following week.

If the bleeding or pain is too much to bear, please contact the Gynaecology Ward 3E for advice on: 0151 430 1522 (anytime)

Follow up care

Do a pregnancy test 3 weeks later. We expect this test to be negative. If this pregnancy test is still positive, please contact the **Buchanan Suite** on **0151 290 4356** or **0151 430 1737**.

Unfortunately, in some cases, it may be possible that the medication has not removed all the tissue and that surgical treatment is needed to do this. Your nurse or doctor will discuss this and what it involves with you.

The Miscarriage Association has the following leaflets which you may find helpful:

- We are sorry that you have had a miscarriage
- Pregnancy loss: how you might feel
- Men and miscarriage

We can provide copies of the leaflets on request.

**The Miscarriage Association c/o Clayton Hospital
Northgate, Wakefield, West Yorkshire WF1 3JS
01924 200799
Monday to Friday – 9am to 4pm**



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