

OPTIONS Aftercare



Obstetrics & Gynaecology

patient**information**



The Rotherham
NHS Foundation Trust

Aftercare

Introduction

This leaflet provides information on what to expect after your termination of pregnancy. This is written information for you to keep. Please read this booklet.

We will be willing to answer any questions you may have. Prior to leaving, you will be given a follow-up appointment if required, and an after care pack.

Should you need to ask any further questions please do not hesitate to contact:

Pregnancy Advisory Service

Telephone 01709 424542

Monday to Thursday 8.00am to 6.00pm

Counselling Service

Telephone 01709 427636

Contraceptive Nurse

Telephone 01709 424606

Day Surgery Centre

Telephone 01709 424565

Monday to Friday 9.00am to 5.00pm

Ward B11

Telephone 01709 424349

Weekends or Out of Hours

What can I expect after my procedure?

Pain

Most women experience crampy abdominal pains following a termination of pregnancy. Mild painkillers may be required to control the pain, e.g. Paracetamol or Ibuprofen.

If the pain is not relieved by mild painkillers, contact PAS 01709 424542 or B11 01709 424439 (out of hours).

If the pain is severe, please attend the Urgent and Emergency Care Centre (UECC).

Bleeding

It is normal to lose red blood and small clots from the vagina, following your procedure. The bleeding can last for up to your next menstrual period. It is unusual for some ladies not to bleed.

You should not use tampons until the blood loss has stopped, only use sanitary towels. This is to prevent infection.

The blood loss will become darker, then stop. If the bleeding is excessive, or offensive, contact PAS on 01709 424542 or B11 01709 424349 (out of hours). In emergencies, please attend the Urgent and Emergency Care Centre.

Pregnancy symptoms will gradually disappear, as your hormone levels return to normal. Breast tenderness is usually the last pregnancy symptom to go.

If you continue to experience symptoms of pregnancy three to four weeks after your termination, please contact us.

If you have had an outpatient termination, you will have been advised to carry out a urine pregnancy test 3 weeks after your procedure. If this is positive, it is important

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to contact us, as we will need to arrange a follow up appointment to rule out any complications.

Sex

You should refrain from sexual intercourse until you have stopped bleeding.

It is possible to become pregnant again shortly after the procedure. Therefore, it is important to ensure that you use contraception, immediately after your procedure, or as advised. If you need advice, please contact your own GP, Family Planning or Contraceptive Nurse.

It is also advisable to use a condom until after your next period. This is to prevent infections.

Infection

There is a small risk of infection. If you have continuous and heavy bleeding, lasting pain, tenderness of the abdomen, or offensive discharge or temperature, and a general feeling of being unwell, you should contact your GP, PAS or B11 (contact details at the back of the leaflet).

Emotional support

Women experience a wide range of emotions following a termination of pregnancy. Making a decision like this can be very difficult, so before, during and after treatment support is available if you wish to use this service.

You can speak to a member of staff, who will arrange for you to see our counsellor, or you can make contact with us at a later date.

Please remember that we are here to help, and we do understand this can be a difficult time.

How to contact us

Pregnancy Advisory Service

Telephone 01709 424542

Monday to Thursday

8.00am to 6.00pm

Counselling Service

Telephone 01709 427636

Contraceptive Nurse

Telephone 01709 424606

Day Surgery Centre

Telephone 01709 424565

Monday to Friday

9.00am to 5.00pm

Ward B11

Telephone 01709 424349

Weekends or Out of Hours

Switchboard

Telephone 01709 820000

Useful contact numbers

**If it's not an emergency,
please consider using a
Pharmacy or call NHS 111
before going to A&E.**

NHS 111 Service

Telephone 111

Stop Smoking Service

Telephone 01709 422444

UECC (A&E)

Telephone 01709 424455

**For GP out of hours,
contact your surgery**

Useful websites

www.therotherhamft.nhs.uk

www.nhs.uk

www.gov.uk

www.patient.co.uk

We value your comments

If you have any comments
or concerns about the services
we have provided please
let us know, or alternatively
you can contact the
Patient Experience Team.

Patient Experience Team

D Level

Rotherham Hospital

Moorgate Road

Rotherham

S60 2UD

Telephone: 01709 424461

Monday to Friday

9.00am until 4.00pm

Email: your.experience@nhs.net

Produced by Sister D Drury, August 2004.

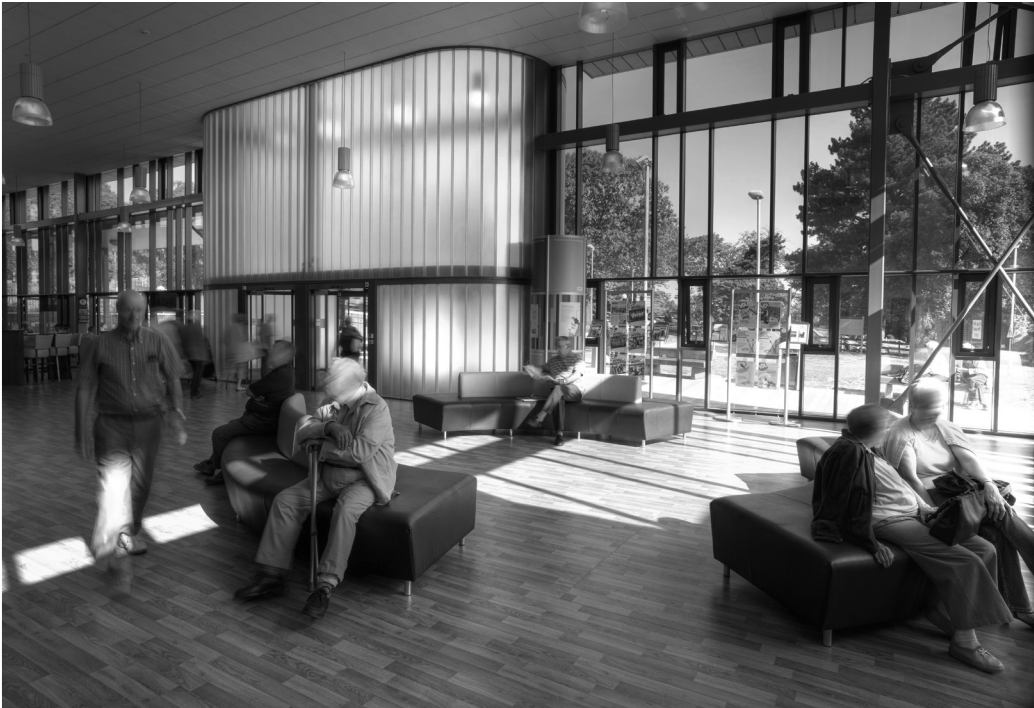
Revised October 2006, October 2009, July 2011, June 2013, December 2017, January 2020, November 2021.

Revision due November 2023. Version 8.0

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LS 142 11/2021 V8 Jones and Brooks



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