

Your referral to the Early Pregnancy Assessment Unit



Urgent & Emergency Care

patient**information**



The Rotherham
NHS Foundation Trust

Bring your medicines when you come into hospital

Prescription medicines

Medicines you have bought

Alternative & herbal medicines

Inhalers



Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: your.experience@nhs.net

Slovak

Slovensky

Ak vy alebo niekto koho poznáte potrebujete pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Kurdish Sorani

كوردی سۆرانی

نەگەر تۆ یان کەسێک کە تۆ دەبیناسی پێویستی بەیارمەتی هەبێت یۆ نەو دی لەم بەلگەنامە بە تێبێگات یان بیخوێنێتەوه، تکایە پەیوەندیمان پێوه بکە لەسەر ناو ژمارەیهی سەروددا یان بەو نێمایلە.

Arabic

عربی

إذا كنت انت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

Urdu

اُردو

اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

Farsi

فارسی

اگر جناب عالی یا شخص دیگری که شما اورا می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille, audio or easyread format, please ask our healthcare providers*

*Note to healthcare providers:

Translated / easyread healthcare information can be sourced via the **Easyread websites** listed at the back of this leaflet or via contacting our translation service which can be accessed through the Hub.

Following your attendance at the Urgent and Emergency Care Centre, you have been referred to the Early Pregnancy Assessment Unit (EPAU). This is located in Rotherham Hospital at the end of the Gynaecology Ward. This leaflet is to help you understand why this has been done, and what may be happening.

Why have I been referred to EPAU?

The EPAU is an area in the hospital that manages problems in early pregnancy.

The most common problems are vaginal bleeding and abdominal pain. You may have one, or both of these symptoms.

The staff in EPAU will do a full assessment of the problems you are having. This will include reviewing your symptoms, and sometimes involves blood tests or an ultrasound scan. You will probably have to repeat your medical history and the reason for attending EPAU.

We understand that this can be very distressing but it is very important to ensure you receive the best possible care.

What might be wrong?

Some common causes of bleeding and pain in early pregnancy are:

- **Bleeding from the implantation site** - as the pregnancy attaches itself into the endometrium (lining of the womb) it may cause some blood vessels of the uterus (womb) to bleed. (This is also called a 'threatened miscarriage').
- **Miscarriage** - is a loss of pregnancy which can cause vaginal bleeding and may include lower abdominal (tummy) pain or cramping.
- **Ectopic pregnancy** - a pregnancy outside of the uterus (womb), usually in a fallopian tube that carries the egg to the womb from the ovaries. Symptoms include vaginal bleeding, abdominal pain, rectal (back passage) pain and diarrhoea.
- **A haematoma** - this is a small area of bleeding, like a bruise, next to the pregnancy sac. A haematoma may be reabsorbed by the body or come away naturally as vaginal blood loss.
- **Trauma to the cervix (neck of the uterus)** - During pregnancy, tissues become rich in blood supply and soften. Because of this, any slight trauma to the cervix can cause bleeding. (This may occur after sexual intercourse).
- **Infection in the vagina** - Common infections like thrush or other infections may cause bleeding from the vagina in small amounts described as 'spotting'.
- **Constipation** - This is a common cause of pain in early pregnancy. The bowel becomes lazy because of the effect of the pregnancy hormones, and you may find that you go to the toilet to open your bowels (have a poo) less frequently. This causes a build-up of poo in the bowel, which leads to abdominal (tummy) pain.

- **Urine infection** - This is common in pregnancy and can cause pain and bleeding.

When will I be seen?

We can organise for you to be seen within two or three days at the EPAU; your appointment should be given to you before you leave the Emergency Department.

Following your attendance in UECC you may have been advised to contact EPAU for further assessment or advice. In some cases this assessment and advice will be over the telephone.

If you have been advised that you will receive a call from the EPAU and no one contacts you within 48 hours, please phone EPAU on **01709 427072** to make sure an appointment has been made. Sometimes the appointment will be telephone advice only.

What should I do whilst I'm waiting for my EPAU appointment?

While waiting for your appointment, it is usually best to try and live as normally as possible. It is normal to feel anxious during this time, but there are many reasons why pain and/or bleeding can occur in early pregnancy as described above.

If you feel that you need to rest, you can, but try to keep as active as you feel able to. There is not always specific treatment to stop your bleeding and unfortunately, miscarriage cannot be prevented.

Taking pain relief such as Paracetamol for any back or abdominal pain you might have, is perfectly safe. It is important to wear sanitary pads only and not tampons if you are experiencing vaginal bleeding.

How to contact us
Early Pregnancy
Assessment Unit (EPAU)

Telephone 01709 427072
Monday to Friday
8.00am - 4.00pm
(closed Bank Holidays)

Telephone 01709 427072
Telephone 01709 424349

Gynaecology Inpatient Ward

Telephone 01709 424349

Rotherham Hospital
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

Health Info

Telephone 01709 427190

Quit 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.rotherhive.co.uk

Easyread websites

www.easyhealth.org.uk
www.friendlyresources.org.uk
www.easy-read-online.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



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The Rotherham
NHS Foundation Trust

Rotherham Hospital
Moorgate Road
Oakwood
Rotherham
S60 2UD

Telephone 01709 820000
www.therotherhamft.nhs.uk