

## OPTIONS Aftercare



*Obstetrics & Gynaecology*

patientinformation



The Rotherham  
NHS Foundation Trust

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](mailto:your.experience@nhs.net)

Slovak

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.

Slovensky

Kurdish Sorani

ناگەرێ تۆ یان کەسێک که تۆ دەناسی پێویستی بەیارمەتی هەبێت بۆ ئەوەی لەم بەلگەنامە بە تێبگات یان ببخوینێتەوه، تکلیه پەڕۆندیمان پێوه بکە لەسەر ئەو ژمارەیهی سەرۆدهدا یان بەو نیمەبەلگە.

کوردی سۆرانی

Arabic

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

عربی

Urdu

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۔

اُردو

Farsi

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.

فارسی

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.

## Aftercare

### Introduction

This leaflet provides information on what to expect after your termination. 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 discharge letter, follow-up appointment if required, and an Afterpack.

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

### **Pregnancy Advisory Service**

Telephone 01709 424542

Monday to Friday 8.30am to 4.30pm

### **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

## Aftercare

### What can I expect after my procedure?

#### **Pain**

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

If the pain is severe, and not relieved by mild painkillers, contact your GP, or the numbers at the back of this leaflet.

#### **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.

Do not worry if you don't. 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 your GP, or the numbers at the back of this leaflet.

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, seek advice from your GP.

## Aftercare

### 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, or numbers at the back of this 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 Friday

8.30am to 4.30pm

### **Counselling Service**

Telephone 01709 427636

### **Contraceptive Nurse**

Telephone 01709 424606

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### **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

## **A&E (UECC)**

Telephone 01709 424455

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

## Useful websites

[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.gov.uk](http://www.gov.uk)

[www.patient.co.uk](http://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**

The Oldfield Centre  
The Rotherham NHS  
Foundation Trust  
Rotherham Hospital  
Moorgate Road  
Rotherham  
S60 2UD

Telephone: 01709 424461

Monday to Friday

9.00am until 5.00pm

Email: [your.experience@nhs.net](mailto:your.experience@nhs.net)

Produced by Sister D Drury, August 2004.

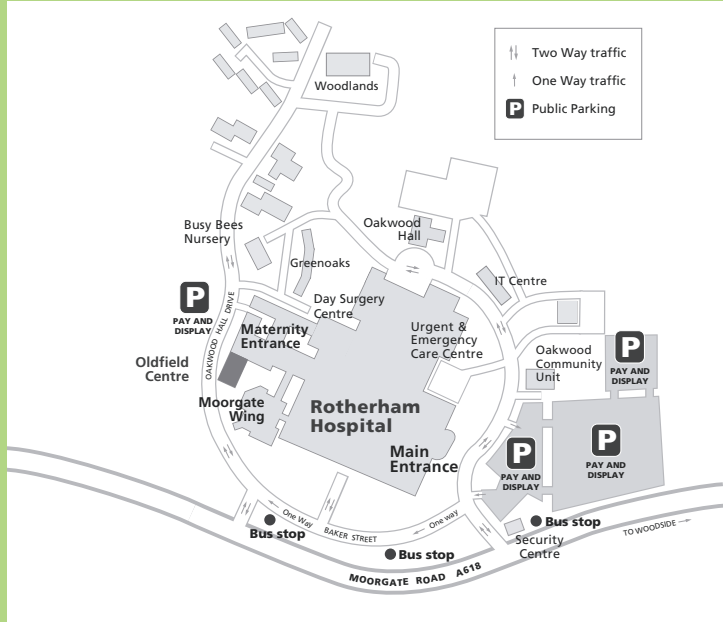
Revised October 2006, October 2009, July 2011, June 2013, December 2017, January 2020.

Revision due January 2022. Version 7.0

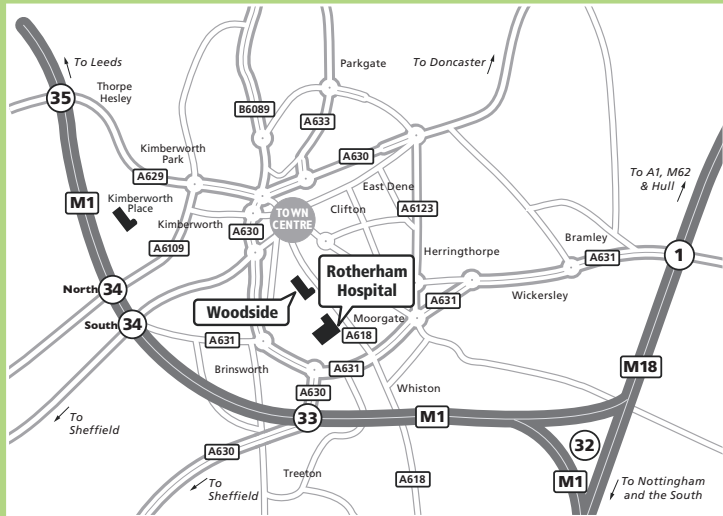
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# How to find us

## Hospital site plan



## Rotherham main routes





Sustainable Forests / Low chlorine

LS 142 01/2020 V7 Jones and Brooks



**The Rotherham**  
NHS Foundation Trust

**Rotherham Hospital**  
Moorgate Road  
Oakwood  
Rotherham  
S60 2UD

Telephone 01709 820000  
[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)