

## **Medical management of miscarriage as an outpatient.**

### **Information Leaflet for patients, relatives and carers.**

---

### **Introduction**

Following a scan and possibly some further investigations in the Gynaecology Emergency Department (GED) we have unfortunately diagnosed a miscarriage. We would like to offer our sincere condolences for your loss.

After discussion with one of our Doctors, Emergency Nurse Practitioners or nurses where all options were explained to you, you have opted to proceed with the medical form of managing your miscarriage. A consent form for this treatment should have been completed.

Please read this information leaflet and if you have any questions please do not hesitate to ask a member of our team.

### **What is medical management of miscarriage?**

Medical management of miscarriage is where medications are given to speed up the process of miscarriage.

The treatment consists of two parts; the first part being a single tablet taken orally which will be given to you by one of the nurses whilst you are in the Gynaecology Emergency Department. This is called Mifepristone 200mg and acts by blocking the hormone progesterone which is important in maintaining the growth of the pregnancy. Following this tablet you may experience some nausea and this medication may cause some bleeding and period type abdominal pain. We will provide you with advice regarding pain relief and a take home prescription if required.

The second part of the treatment will be provided for you to take home and administer 48 hours later. It is 4 tablets called Misoprostol 200mcg. This medication aims to soften the neck of the womb and causes the womb to contract. These are to be placed into the vagina, as high up as you can get them. This is the preferred method of use for these tablets as you will experience fewer side effects this way. If this is not an option for you, you can place the tablets in your mouth, in between your cheek and gum (2 tablets on each side) and allow these to dissolve. If they have not dissolved in 30 minutes you can swallow what is left with some water.

### **What should I expect at home?**

You will need to take some time off work and make sure you have your partner, friend or relative available for support. If you have young children at home it may be wise to arrange childcare. We would advise you have a supply of large sanitary pads. You are able to eat and drink as normal.

Usually, you will start to bleed and have period type pains 2-4 hours after taking the Misoprostol tablets. The intensity of the pain will vary; for some women it will be quite mild and others it may be very painful. We will have discussed pain relief with you in the hospital to

ensure you have a supply of stronger medication for if it is needed. If the pain becomes unbearable at home despite taking adequate pain relief, you can call the Gynaecology Emergency Department on 0151 702 4140 for a telephone consultation to see if an attendance to the GED is needed.

The level of bleeding will also vary; we would expect bleeding like a heavy period with some clots of blood to be passed. Usually you will not pass anything that is recognisable as a pregnancy. The bleeding at its heaviest rarely lasts for more than a few hours. If the bleeding does become concerning and you are filling large sanitary pads every half hour for more than an hour then again we would advise you call the GED on 0151 702 4140 for an over the phone assessment to see if an attendance to the hospital for examination is needed.

### **What happens if I don't start to bleed?**

Sometimes the medication will take a little longer to start working. If there has been no bleeding after 24 hours of taking the Misoprostol then we would ask you to ring the Gynaecology Emergency department to discuss this further when potentially a further dose of the medication can be prescribed and arranged to be collected.

### **What happens next?**

A member of staff will ring you after 48 hours to see how you are. We would advise against the use of tampons whilst you are still bleeding as there is a small risk of infection, please continue to use sanitary pads until the bleeding stops. The length of time bleeding lasts will vary; we would expect some bleeding for approximately 2 weeks but this may continue for longer. We would ask you ring the department if the bleeding continues to be heavy or if an offensive smell is noticed from your loss. We would also like to speak to you if at any time you become unwell or notice any fevers / high temperatures.

To ensure the treatment has worked we would ask you perform a home pregnancy test 3 weeks later to ensure this is negative. If at this point the test is positive please call to speak with a member of the team in GED so as a further assessment can be made.

Once a diagnosis of miscarriage has been made, the staff in GED will complete a notification to inform other departments of your loss. This will enable any appointments for antenatal care to be cancelled.

### **Returning to normal**

You can return to work when you feel ready and able to. If you feel unable to return straight away then you can complete a self – certificate sick note for 7 days or obtain a note from GED or your GP. Letters to confirm our diagnosis and treatment will be sent to them so they are aware of what has happened.

Once the bleeding has stopped it will then vary how long it will take for you normal menstrual cycle to return. Your next period may be a little heavier than normal and your cycles could be a little irregular for a while.

If you are keen to try again for a pregnancy we would advise you wait until after your next period so you are aware of approximate time of conception which will make things a little easier for the timing of scans and antenatal appointments.

It is quite normal to feel sad at this time and for some time afterwards. We would like to reassure you that our department is open 24 hours a day, 7 days a week for any questions or concerns to be heard. We have also completed a referral to our Honeysuckle team, a dedicated bereavement team at the Liverpool Women's hospital who can provide support and advice to women and their partners / families following pregnancy loss at any stage of pregnancy. An accompanying leaflet has been provided with further information about this service has been provided.

## Medical Management of Miscarriage information pack.

Patient ID label;

Miscarriage diagnosed;

Pain relief provided;

Treatment commenced;

2<sup>nd</sup> part of treatment due;

48 hour follow up call due;

Pregnancy test to be performed;

Gynaecology Emergency Department

Liverpool Women's hospital

Crown Street, Liverpool L8 7SS

Contact details; 0151 702 4140

This leaflet can be made available in different formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at [pals@lwh.nhs.uk](mailto:pals@lwh.nhs.uk)

**Liverpool Women's NHS Foundation Trust**  
**Crown Street**  
**Liverpool**  
**L8 7SS**  
**Tel: 0151 708 9988**  
**Issue Date: 30.11.2020**  
**Reference: Gyn/2020-311-v1**  
**Review Date: 30.11.2023**

© Liverpool Women's NHS Foundation Trust

---