

What to bring with you for your miscarriage management

Why have I been given this leaflet?

This leaflet is for women who have suffered a miscarriage and have chosen medical or surgical management that means they will be spending time in the hospital with us. We appreciate that this is a difficult time and so have come up with some guidance on what to bring with you when you come into us.

What should I bring for my stay in the hospital?

Although we do not anticipate most women will need to stay overnight it is best to be prepared. We would advise you to bring an overnight bag including toiletries, fresh underwear, and nightwear such as dressing gown, slippers, and pyjamas.

Sanitary pads will be provided on the ward however you may wish to bring your own which you are comfortable wearing.

There are no televisions on the ward but there is accessible Wi-Fi. Most ladies like to bring a Tablet/iPad with pre-downloaded films, games, or music, please charge them before you attend, please don't forget your earphones. There is an onsite shop for purchasing any magazines if you wish.

If you are taking regular medication, bring them with you and give them to the nurse on admission. You will be provided with these and/or painkillers if and when you require them.

I've opted for medical management is there anything else I need to know before I come in?

You can usually eat and drink as normal unless you are told otherwise on the day. Meals will be provided for you, but you may like to bring your own drinks and snacks. Please note there aren't any fridge storage facilities. There is a WHSmith, a restaurant and a Costa onsite if you wish to purchase refreshments or snacks. It is advised that you don't leave the ward once treatment has started so it may be better if your support person goes on your behalf.

Please advise staff on admission of any specific dietary requirements you may have e.g., gluten free/vegetarian etc. and staff will be able to accommodate as best as possible

You can bring someone with you for the day. Unfortunately, there are currently no facilities for them to stay with you overnight. This however this can be discussed on the day with the Nurse caring for you if there is a need to do so.

I have opted for surgical management is there anything else I need to know before I come in?

You will have been asked not to eat or drink anything before your surgery you will be provided with hot/cold drinks and light diet post-surgery. Please advise staff on admission of any specific dietary requirements you may have e.g., gluten free/vegetarian etc. and staff will be able to accommodate as best as possible

We ask that you do not wear any jewellery, nail varnish or false eyelashes for your surgery so please remove such items before coming in. Please leave any valuables at home.

Partners may stay in the admissions lounge until you are taken to theatre, we will then kindly ask partners /support person to leave.

There are refreshment areas in the hospital if they wish to stay on site until you are ready for discharge is advised that you bring with you a fully charged mobile phone so you can contact the person who will collect you when you are ready for discharge.

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

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