

Day Surgery Unit Patient Information

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Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

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Patient Advice Following Surgical Management of Miscarriage

This procedure is carried out following a miscarriage.

Your rhesus factor is

You have/have not received Anti-D.

Pain

You may experience period like pain for the next few days following this procedure. This is normal and should ease with simple analgesia. Take pain relief as necessary and follow the instructions on the packet. Do not exceed the recommended daily dose.

Bleeding

Following this procedure you will have a vaginal discharge for the next few days. Please use sanitary towels and not tampons. You may use tampons with your next period which maybe longer or heavier than normal. The timing of your next period may be irregular.

Please contact your GP or local hospital if you experience any of the following:

- Very heavy bleeding
- Passing of clots
- Raised body temperature
- Pain when passing urine
- Severe abdominal pain
- Generally feeling unwell

General Advice

It is natural to feel tired as this is your body's natural reaction to the stress of the procedure. Rest for the first few days. You can resume sexual relationships when you feel comfortable but please refrain for the first 2-3 weeks.

You must not drive for 24 hours following a general anaesthetic. This is a requirement of the Road Traffic Act.

Your own circumstances will determine when you return to work. You can self certificate for one week, contact your GP for a certificate if further time off is required.

You will not be given a follow up appointment at the hospital. You will need to see your GP in 6 weeks time so that they can check that you are physically fit and well in yourself.

If you have any problems please contact the following:

GP or out of hours GP

NHS Direct

111

Dorchester Day Surgery Unit

01305 254501 (day of procedure only)

Weymouth Day Surgery Unit

01305 762664 (day of procedure only)

Easton Day Surgery Unit

01305 255771 (day of procedure only)

The Miscarriage Association

01924 200799

17 Wentworth Terrace

Wakefield WF1 3QW

www.miscarriageassociation.org.uk