



**Mersey and West Lancashire
Teaching Hospitals
NHS Trust**

PATIENT INFORMATION

Medical Management of Miscarriage

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Managing pregnancy loss medically is similar to waiting for a natural miscarriage and will involve some bleeding and pain. Medical management has a success rate of 95%, and avoids the risks associated with surgical management. It is offered as first line management for missed miscarriage, anembryonic pregnancy or incomplete miscarriage in the first trimester.

About The Procedure

For ladies who are 9 weeks or less the management involves inserting four misoprostol tablets into the vagina. If you strongly object to vaginal insertion of the medication, then they can be taken orally. There is an increased side effect of nausea / vomiting along with a reduced effectiveness and a higher failure rate. This will be managed as an outpatient.

For ladies who are over 9 weeks we will admit you to the gynaecology ward which is E ward for the treatment as you are at higher risk of bleeding at this gestation. You will be allowed home once you have passed the pregnancy and your bleeding has settled. In some instances, a repeat dose of medication is required. You may need to stay overnight if you have not passed the pregnancy.

Misoprostol is not licensed for treating miscarriages, but is recommended by the Royal College of Gynaecologists (RCOG) and the National Institute of Clinical Excellence (NICE)

The given medication will allow the womb to contract and expel the pregnancy tissue.

At the same time, we will offer you analgesia in the form of Voltarol suppository 100mg which is placed in the rectum and helps to relieve pain as it is slow release for 18 hours.

We will also give you an anti-sickness tablet of Cyclizine 50mg orally.

You must be escorted home by a responsible adult who needs to stay with you for 24 hours. Do not drive or use public transport.

What to Expect Following the Medication

Bleeding and abdominal cramping can start within 2-3 hrs after administration of the tablets. You may take pain relief in the form of Paracetamol / Co-Codomol (not with paracetamol) or Ibuprofen. If you have had Voltarol rectally in clinic / or on the ward do not take any other anti-inflammatory drugs until the next day. (Aspirin, Nurofen, Ibruprofen). These can be purchases over the counter at your local pharmacy or supermarket.

Bleeding will become heavier with clots. You may notice the passing of pregnancy sac / fetus, which can be brought to the hospital for sensitive cremation. Speak to staff for further details.

We will contact you within 24 hours to see how much bleeding you have had and if any pregnancy tissue has been passed. If you have not started to bleed or have only had a light loss, we will ask you to return to EPAU / E Ward to repeat the treatment. If this fails after the second dose you may need to attend theatre for removal of retained tissue under general anaesthetic.

Side Effects of Medication

Most women tolerate the medication well.

Common side effects include contraction type pains, nausea, vomiting, diarrhoea, chills and fever.

The bleeding may continue up to three weeks.

You should contact us if

- Your pain is not controlled with the oral analgesia provided.
- You have fever and chills lasting more than 24hrs.
- Heavy bleeding to the extent where you are soaking more than 4-night pads within an hour and passing large fist size clots.
- If you feel dizzy, are fainting, or lightheaded.
- If you notice an offensive smelling vaginal loss.

Women Not Suitable For Medical Management

- Those with severe Asthma
- Severe Inflammatory bowel disorders (Crohns disease, ulcerative colitis)
- Cardiovascular/cerebral vascular disease
- Clotting / anticoagulation disorders
- If you have an allergy to misoprostol
- If you have an IUCD it should be removed prior to commencing the medication

Follow- up

We will ask you to repeat a pregnancy test 3 weeks after taking the medication. A negative test will confirm you have

had a complete miscarriage. Please notify us with your result. No further action will be required.

If your pregnancy test is positive this could indicate that you may have retained pregnancy tissue. Please contact us and we will arrange a hormone blood test and +/- a scan and discuss further management.

We advise that you use sanitary towels and avoid using tampons until after your next normal period.

You may bath and shower as normal, avoid the use of bubble bath.

Avoid intercourse until a pregnancy test confirms an outcome.

You may commence contraception within the first 5 days of taking the medication.

If contemplating becoming pregnant await one normal period and then try to conceive.

References:

National Institute of Clinical Excellence November 2021

Guideline 47 OBS / Gynae Management of ectopic pregnancy and bleeding in early pregnancy. Southport & Ormskirk NHS Trust. (Review date May 2025)

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.

MATRON

A Matron is also available during the hours of 9.00 to 5.00 pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

INFECTION CONTROL REQUEST

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

SPECIAL INSTRUCTIONS

ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION

Your own GP –

E ward: 01695 656901 open 24hrs

EPAU: 01695 656064 opening hours 8:30 am – 16:30
Monday – Friday

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

The Miscarriage association 01924 200799

www.miscarriageassociation.org.uk

www.nhs.uk/conditions/miscarriage

www.uk-sands.org

www.rcog.org.uk/patientinformationleaflets/earlymiscarriage

**Please call 01704 704714 if you need
this leaflet in an alternative format**

Southport and Ormskirk Hospital NHS Trust

Ormskirk & District General Hospital
Wigan Road, Ormskirk, L39 2AZ
Tel: (01695) 577111

Southport & Formby District General Hospital
Town Lane, Kew, Southport, PR8 6PN
Tel: (01704) 547471

FOR APPOINTMENTS

Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

We would welcome your feedback about your experience
at Southport and Ormskirk Hospital NHS Trust.
Please access the Friends and Family Test at the following
link:
<https://www.southportandormskirk.nhs.uk/patients-and-visitors/fft/>

Thank you

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