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Sherwood Forest Hospitals
NHS Foundation Trust

Surgical management of miscarriage

(under general anaesthetic)

Information for patients and their partners



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There are various ways of managing a miscarriage. One way is to surgically empty your uterus in theatre whilst you are under anaesthetic. This is a relatively small procedure and usually performed as a day case on Ward 14. However we appreciate this is a sad and difficult time for you and aim to make your admission to hospital run as smoothly as possible and you to feel supported.

We have designated theatre slots for our patients most weekdays. The operation is quite a short one and most patients recover quickly from the anaesthetic.

Before the operation

Prior to the operation you will be asked to attend for a preoperative assessment in the Early Pregnancy Unit, this will include having bloods taken, nursing admission and the doctor will obtain your written consent for the procedure. We will also obtain consent for your baby's remains to go to the local crematorium, however this matter will be discussed with you sensitively and any personal wishes can be discussed. Please feel free to ask any questions at this point.

You will be informed of your admission time, when to stop eating and what you need to bring with you for your short stay. You are welcome to bring one person with you during your preoperative assessment or at your admission.

On the day of the operation:

- Please bring with you comfortable clothes/ nightwear/ sanitary wear.
- Remove nail polish and piercings.
- Ensure you have your regular medications with you.

You will be seen by the nurse who is looking after you to prepare you for theatre and check your details. The anaesthetist and possibly the senior doctor who is performing the operation will also visit.

The nurse will most likely administer a pessary vaginally called Misoprostol to prepare the opening to the womb (cervix). The operation is very small, taking approximately 15 minutes, although you will be off the ward for possibly an hour. You will be awake on return to the ward but still sleepy.

After surgery

Once you have safely recovered from the surgery and anaesthetic you will be allowed home. If you are in a Rhesus negative blood group you may need an injection called anti-D before you go home. The reasons for this injection will be explained to you.

You will need someone to accompany you home. It is not advisable to drive for at least 24 hours after anaesthetic.

On discharge

Patients can expect some vaginal bleeding for up to three weeks (but this varies) and mild period pain, usually relieved by simple painkillers such as paracetamol.

Please speak to EPU/Ward14 or your own doctor for advice if you have severe pain or your bleeding is very heavy/ persistent or offensive smelling.

We advise you refrain from sexual intercourse and the use of tampons until your bleeding has stopped, as these can increase the risk of infection.

Physically you will recover very quickly from the operation and may return to work within a few days but, emotionally you may require a little longer off work – this is up to you and how you are feeling.

Follow up advice

EPU will ring you 72 hours after your procedure to check on your wellbeing then approximately three weeks after your operation to check you are well and your pregnancy test is negative. However feel free to ring them at any time for advice/support.

Your next period may occur up to six weeks after miscarriage but you can conceive as soon as you have a negative test. Often the first period is a little heavier than normal. You can resume sexual intercourse when you feel ready and the bleeding has settled.

Physically your body returns back to normal quite quickly but emotionally everyone is different and require different levels of support and time to grieve.

Future pregnancies

Miscarriage is sadly very common in the first few weeks when a lot of development is taking place in the small embryo. Unfortunately we cannot tell you why a miscarriage has occurred but in most cases, future pregnancies will be successful.

If you wish to try for another baby, we suggest you wait for one normal period, but more importantly when you are physically and emotionally ready.

In most cases your future pregnancies will be successful and routine antenatal care will be needed.

Further information

If this is sadly your third miscarriage you can self-refer to our Rainbow clinic at seven weeks for an early scan and consultant review.

You may also ask your own doctor or the epu staff to refer you to a gynaecologist at the hospital to start investigations into recurrent miscarriage.

Useful contact details and information

Early Pregnancy Unit

Telephone: 01623 622515, extension 4288

Open: 8am-4pm Monday to Friday, and 7am-2pm on Sunday

Early pregnancy bereavement midwife

Telephone: 01623 622515, extension 3047

Ward 14

Telephone: 01623 622515, extension 2314

Snowdrops and Butterflies

This is our hospital support group for baby loss.

Online support and meetings:

[www.facebook.com/snowdrops and butterflies](https://www.facebook.com/snowdropsandbutterflies)

Telephone: 01623 622515, extension 3047 (Chaplaincy department)

The Miscarriage Association

Telephone: 01924 200799

www.miscarriageassociation.org.uk

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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