

Surgical management of miscarriage under general anaesthetic

Post-operative information

What happens afterwards?

After your procedure you will be observed for some time on the gynaecology and women's surgery ward (M2). The nursing staff will co-ordinate your discharge. Before you can leave, you need to have had something to drink, something to eat and to have passed urine. The nursing staff will also check that your observations such as blood pressure are all normal. A friend or family member will need to escort you home as you have had an anaesthetic.

What to do once you return home?

- Ensure someone stays with you overnight post-surgery
- You may experience period like pain – if this occurs, you are advised to take normal pain relief i.e. paracetamol or ibuprofen
- You may have some vaginal bleeding for up to two weeks which should gradually reduce. Use sanitary pads, not tampons, to reduce the risk of infection
- Avoid swimming and intercourse until any bleeding has stopped.

What happens next?

- Usually no follow up appointment is required with the hospital, if this is different in your case you will be advised of this prior to discharge
- We can put you in touch with our Bereavement Counsellor Maggie George, or the Chaplains for emotional support, if you wish
- We suggest you do a urine pregnancy test after two weeks. A negative test means that all the pregnancy-related hormones have left your system and physically your body is back to normal. If it is positive please contact the Early Pregnancy Assessment Unit (EPAU) on 020 8296 2882
- Many women find they need some time to recover emotionally from having a miscarriage. We suggest you wait at least until after you have a period before trying to conceive again.

Contact us

You can call the ward for advice at any time on 020 8296 2150, or the Early Pregnancy Assessment Unit on 020 8296 2882, you may need to leave a message. If we feel you need to be examined, then we will advise you to attend your GP or A&E as appropriate.

Please contact your GP or A&E if you experience any of the following:

- Fever, heavy vaginal bleeding or discharge, increased pain or if you feel unwell.