

Directorate of Women's Services

Surgical Termination of Pregnancy

On the ward

Following your clinic visit you will attend the ward for information about your admission date

Admission Date..... **Time**

A nurse on the ward will discuss the procedure with you and advise you when you should avoid food

Date

Avoid food from **Avoid drinking from**

*** Please note that this includes both sweets and chewing gum.**

You may bring someone with you who is able to stay with you for the day. Once returned from theatre, you can expect to stay on the unit for approximately two hours or until the nurse/ doctor is happy that you are well enough to go home. You must arrange for an escort to travel home with you either by private transport or taxi.

On admission depending on the gestation of the pregnancy you will be given pessaries to soften the cervix (this is the opening of the uterus at the top of the vagina). This may cause some bleeding and period type cramps. Please ask the staff for painkillers if required. You are advised to use bedpans if you start to bleed. The doctor performing the procedure and the anaesthetist will visit you on the unit prior to going to theatre. Then you will dress in a gown and a trolley will take you to theatre. The procedure usually lasts only 20 minutes.

Future Contraceptives

It is very important to have effective contraceptive for when you leave the ward. The nursing staff will be happy to discuss this with you and can administer some contraceptives but if not can guide you to the nearest service to where you live

Options in brief

- **The Pill** should be started within 24 hours of the procedure. An initial supply will be given to you and repeat supply can be obtained from your local family planning clinic/ GP
- **The injection (Depo)** this can be given to you on discharge from the unit and needs to be repeated every 11-12 weeks.

- **The Implant** can be possibly fitted during your procedure.
- **The IUD/ IUS (coil)** can be inserted at the time of your procedure
- **The CAP (Diaphragm)** can be supplied and fitted within 1-2 weeks after your procedure at your local FPC/GP
- **Sterilisation** You can be referred to see a Gynaecologist at the RVI to discuss this or via you GP to your local unit .
- **Condoms** should always be used to reduce the risk of sexual transmitted infections.

Please remember that we are here to help you. If you have any questions, doubts or worries; Please feel free to ask.

Contact details

Royal Victoria Infirmary, Queen Victoria Road
Newcastle upon Tyne, NE1 4LP

0191 2825618 Ward 40 (24 hours)

0191 2825640 Ward 40 Day Unit (Monday to Friday, 9.00am – 5.00pm)

The Patient Advice and Liaison Service (PALS) can offer on-the-spot advice and information about the NHS. You can contact them on freephone 0800 032 02 02 or e-mail northoftynepals@nhct.nhs.uk

Useful websites

If you would like further information about health conditions and treatment options, you may wish to have a look at the NHS Choices website at www.nhs.uk. On this website there is an information prescription generator www.nhs.uk/ips which brings together a wealth of approved patient information from the NHS and charity partners which you may find helpful

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