

Patient information factsheet

Recovering well after a surgical management of miscarriage

We have given you this factsheet because you have had an operation known as a 'surgical management of miscarriage'.

We are so sorry for your recent loss. We understand that this will be a very distressing time for you. Our team is here to support you throughout this difficult time.

We hope this factsheet will help to answer some of the questions you might have after the operation. If you have any other questions or worries, please do not hesitate to ask us.

Common symptoms after the operation

Bleeding

You will have some vaginal bleeding for one to two weeks after your operation. This is like a heavy period for the first day or so, and you may also have some small blood clots. The bleeding should lessen and may become brown in colour.

While you are bleeding:

- use sanitary towels rather than tampons
- do not go swimming or take part in any watersports

This is because your cervix (neck of the womb) may still be open, which can increase the risk of infection.

Contact Bramshaw Women's Unit on **023 8120 6035** if:

- you have heavy bleeding (soaking a pad every one to two hours)
- you pass any blood clots larger than the size of a 10p coin

Pain

You might feel some mild, period-like pain, cramps or discomfort after the operation. You can take over-the-counter pain relief (such as paracetamol) for this.

You can take your next dose of pain relief at: _____ (time).

Feeling emotional

The physical effects of miscarriage normally settle quite quickly but the emotional effects can take longer. There will also be lots of hormonal changes happening in your body, so it is completely normal to feel a variety of emotions during this time.

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A miscarriage affects every woman differently. Some women come to terms with what has happened within weeks, while for others it takes longer. Many women feel tearful and emotional for a short time afterwards. Some women experience intense grief over a longer period of time.

You may find it helpful to talk to someone you know and feel close to. If you do not wish to talk to someone you know, you might like to consider contacting the Miscarriage Association for further support (using the contact details on the next page).

When to seek medical advice

Most women recover well, but as with any operation, there can sometimes be complications.

Contact Bramshaw Women's Unit on 023 8120 6035 (up to two weeks after your operation) **or contact your GP or NHS 111 if you experience:**

- increasing abdominal (tummy) pain
- a temperature (fever)
- heavy or prolonged vaginal bleeding
- offensive smelling discharge
- loss of appetite and vomiting
- difficulty passing urine (peeing), burning or stinging when passing urine, passing urine frequently or being unable to pass urine
- a painful, red, swollen, hot leg or difficulty bearing weight on your legs (this may be caused by a deep vein thrombosis (DVT))

Recovering from your operation

Side effects from the anaesthetic and/or sedation

For the first 48 hours after having an anaesthetic or sedation, you may feel more sleepy than usual and your judgement may be impaired.

For 48 hours after having the anaesthetic or sedation, do not:

- drive (check your policy, as each insurance company will have its own conditions for when you are insured to start driving again)
- drink alcohol
- work
- exercise
- handle machinery (including an oven or hob)
- sign any legal documentation

Washing

You can have a shower on the day of the operation and a bath the next day. If you have had a general anaesthetic you might feel dizzy, so have an adult around to help you if needed, and keep the bathroom door unlocked.

Rest

We recommend that you rest for a few days after your operation. Most women who work need a few days to a week off work. You may need longer to recover emotionally. If so, it may be helpful to talk to your GP.

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Diet and fluids

You can eat and drink as normal.

Sex

You can have sex as soon as you feel ready. It is important that you are feeling well and any pain or bleeding has stopped.

It is possible to become pregnant a few weeks after your operation, even before you have a period. You may wish to talk with your GP about contraception or visit your local family planning clinic to discuss this.

Useful links

Miscarriage Association

www.miscarriageassociation.org.uk

Telephone: **01924 200799**

Royal College of Obstetricians and Gynaecologists

www.rcog.org.uk

Contact us

If you have any questions or worries, please call Bramshaw Women's Unit on telephone: **023 8120 6035**.

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**