

Medical Termination of Pregnancy



Obstetrics & Gynaecology Department

Introduction

Termination of pregnancy is the same as abortion. It is a process that brings an end to the pregnancy that is not viable. This is achieved either by giving medication to you or by a surgical procedure.

This leaflet tells you what to expect during and after a medical termination of pregnancy (abortion) with no underlying medical conditions.

Our staff understand that having a termination of pregnancy is a very difficult and emotional decision to make and they will support you and treat you with respect throughout.

Clinic appointment and ward admission

- You will be seen by the nurse who will take your temperature, blood pressure, pulse and oxygen saturations.
- You will be seen by the doctor who will perform a scan to confirm how many weeks pregnant you are. If you are sure you want to proceed, your consent will be obtained, and the legal documentation completed.
- You must be certain before going ahead with a medical termination.
- Blood will be taken to check your hemoglobin, coagulation profile and blood group.
- If you are Rhesus negative, you will be offered anti - D injection.
- In the ward, the midwife will insert four tablets (Misoprostol) into your vagina as high as possible. - this helps to soften and open the cervix, contract the uterus and expel the products of conception (pregnancy). The dose is repeated after 8 to 12 hours.
- A mild to strong period pain may be felt, together with vaginal bleeding, and then the pregnancy tissue is passed. It may take 24 hours and the procedure gently completes within a week.

- Some women may have vomiting (being sick), diarrhea, severe pain and heavy vaginal bleeding. Any diarrhea usually stops as soon as your pregnancy tissue is passed.
- Adequate pain relief and prophylactic antibiotics are started to avoid infection.
- Misoprostol 3 tablets by mouth may be given the next morning after an ultrasound scan to confirm the abortion process.
- Once the products get expelled, the bleeding and pain reduces.
- You will be discharged on oral pain killers and antibiotics
- You may get some period-like cramp pains and/or some light vaginal bleeding until 3 weeks.
- Bleeding is usually heavier than a period and you may pass some blood clots/tissues.
- DO NOT USE TAMPON AND AVOID SEX.
- It is likely you will have cramp-like pains on and off for a week, but this can be managed with Paracetamol and ponstan. You will need to ensure that you have a supply of painkillers at home to relieve any discomfort.
- You are advised not to drink alcohol and to stop or reduce smoking during your treatment as this may increase bleeding.



Each woman's experience is different.

- You will be advised to follow up in clinic for a scan in 1 week to see if you require further treatment.
- You may plan pregnancy again after 6 weeks.



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