

If you have any questions you want to ask, you can use this space below to remind you

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### Contact details

#### Early Pregnancy Assessment Unit (EPAU)

Tel: 01270 273723 / 273724

Monday to Friday (excluding bank holidays)

8.00am – 4.00pm (please leave a message)

**Female Surgical Ward** (24-hour contact for emergencies)

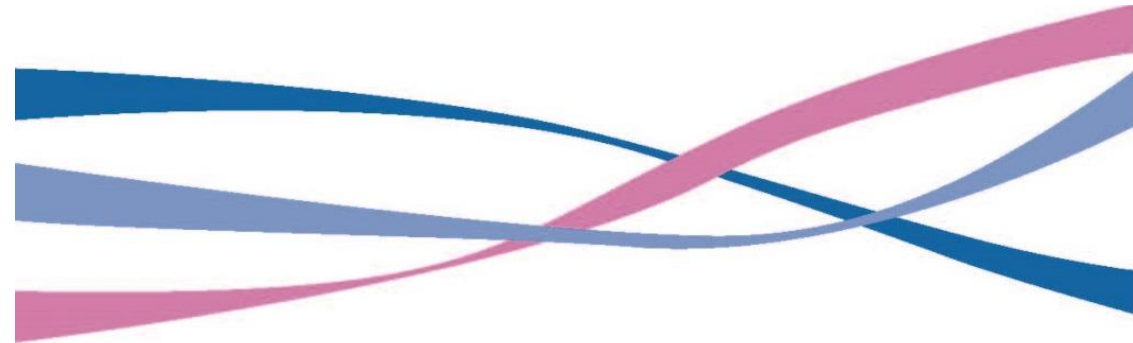
Telephone the Trust switchboard on 01270 255141 and asked to be put through to the ward

This leaflet is available in audio, Braille, large print and other languages. To request a copy, please ask a member of staff.



## Manual Vacuum Aspiration of Pregnancy under Local Anaesthetic

### Important information for patients



## **What is Manual Vacuum Aspiration (MVA)?**

MVA is a procedure to remove pregnancy tissue from the womb through the vagina. Local anaesthetic is used to numb the neck of the womb and a small hand-held device is passed into the womb to remove the pregnancy tissue. This avoids being put to sleep (a general anaesthetic), allowing you to go home shortly after.

### **Advantages**

- The procedure can be planned, is very quick and completed within one clinic visit.
- It does not require a general anaesthetic, therefore avoids drowsiness after the procedure.
- You can usually go home within one hour and resume normal activities the following day.
- The procedure is very effective and further treatment is rarely needed.

### **Disadvantages**

- Some people dislike the idea of being awake while it is carried out.
- Women describe period-type cramps during the procedure, this subsides quickly afterwards.
- Some women feel dizziness for a short time during or immediately afterwards.

## **What can I expect on the day?**

MVA involves a clinic visit of about two to three hours. The nurse will meet you and go through any questions that you may have. You will be given pain relief and anti-sickness tablets by mouth and a tablet placed into the vagina to help soften the neck of the womb. Sometimes we may need to give antibiotic to prevent an infection after the procedure.

You will have a nurse with you throughout the procedure for support and the doctor will talk you through the procedure. At the start you will receive a local anaesthetic gel and injection (similar to that given at the dentist) into the neck of the womb (cervix). Gas and air (nitrous oxide) is available to help you relax and reduce discomfort, if you wish. The doctor will then gently stretch the cervix— enough to pass a narrow suction tube into the womb to remove the pregnancy. As the womb becomes empty you will experience a period like cramping pain for a short time, usually up to one to two minutes. The whole procedure takes approximately 10 minutes.

After the procedure, you will be monitored in a recovery area and given refreshments. You will stay there for approximately one hour. After this you can go home you can drive and be unaccompanied if you wish.

If you are blood group Rhesus negative, you will receive an anti-D injection.

## **What can I expect when I go home?**

You are likely experience some period-like crampy pain that usually settles after a few hours. You can take more pain relief tablets at home, if required. Make sure you follow the recommended daily dose on the packet.

It is normal to have a period-like bleeding that can last up to two weeks. While you are bleeding you should not use tampons or have sexual intercourse. This is because you have an increased risk of getting an infection at this time.

If your bleeding is heavier than your normal period, you experience smelly discharge, feel intense tummy pain, feel hot and sweaty or have any concerns then you should get in touch with the Early Pregnancy Assessment Unit (EPAU) or Female Surgical Ward (numbers on the back of this leaflet) or your GP immediately.

You may feel absolutely fine the next day and you can resume normal activity and go back to work. You may feel quite emotional. This is not unusual and usually settles as your body's hormone levels return to normal. If you continue to feel upset, it may help to talk to your GP.

There is no follow up in the hospital after your procedure but we do ask that you take a urine pregnancy test three weeks following the procedure to your GP surgery. If the test is negative you do not need to inform us, however if it remains positive please contact the EPAU as we may invite you in for further review.

Any pregnancy tissue removed is sensitively disposed of by the hospital unless you wish to make your own arrangements. Please ask a member of staff for more information regarding this.