

# Information for patients and carers

## Safety Net Advice

Advice following assessment by or discharge from  
Gynaecology & Early Pregnancy Assessment Unit  
(GEPAU)

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## What to do if:

### You have ongoing bleeding

Bleeding is naturally a concerning symptom in early pregnancy and is known as “threatened miscarriage”. It may be very light and only seen on wiping (known as spotting) or can be heavier and sometimes associated with cramping pain. We know this can be a very scary and uncertain time for you. Your sonographer, nurse or doctor will tell you if you are likely to have ongoing bleeding. As most bleeding settles it will turn from bright red to a brown colour and should reduce in amount. If your bleeding becomes bright red again, or is accompanied by new pain, please ring GEPAU for assessment. If you have had a scan that has shown your baby is developing in the right place, and you have bleeding that stops and starts you can monitor this at home. Please contact GEPAU if the bleeding becomes heavier than before.

### You have pain

#### **If you have had a scan and we are concerned about an ectopic pregnancy or pregnancy of unknown location:**

- Please contact GEPAU if your pain is worse than you have experienced before, or is accompanied by diarrhoea, vomiting or pain in your shoulders
- If you feel faint or collapse, or if another adult is worried about you, ring 999 or attend the Emergency Department

#### **If you have had a scan showing the pregnancy is in the right place:**

- Mild pain is quite common in early pregnancy and can be associated with the womb (uterus) stretching). It is ok to take paracetamol or try a warm bath or shower to see if this helps with your pain. Avoid hot baths/showers as this may make you feel dizzy.
- If your pain does not respond to paracetamol, or if it lasts longer than 48 hours, please contact GEPAU for assessment

## You have ongoing nausea or vomiting

Nausea and vomiting in pregnancy is common, affecting up to 90% of patients. It tends to peak at around 9 weeks and settles for 90% of patients by 20 weeks.

Your GP will be able to help you with ongoing prescriptions of medication that is safe to take in pregnancy and will help your symptoms.

If you have had an admission with GEPAU due to vomiting and are unable to keep down any food or water, please contact GEPAU for assessment.

## I have been discharged from GEPAU, what do I do now?

Hopefully the symptoms that brought you to GEPAU will settle. The service is here to help you if you have any concerns. If you have no further symptoms, please ensure that your early pregnancy self-referral is complete: <https://www.lancsteachinghospitals.nhs.uk/pregnancy-self-referral> and await contact from the midwifery booking team.

## Contact details

Should you require further advice or information please contact Gynaecology & Early Pregnancy Assessment Unit (GEPAU) on **01772 524415**.

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.lancsteachinghospitals.nhs.uk/veteran-aware](http://www.lancsteachinghospitals.nhs.uk/veteran-aware)

<https://bepartofresearch.nihr.ac.uk/>

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All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team. If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**.

**Please ask a member of staff if you would like help in understanding this information.**

**This information can be made available in large print, audio, Braille and in other languages.**

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

[patientexperienceandinvolem@LTHTR.nhs.uk](mailto:patientexperienceandinvolem@LTHTR.nhs.uk)

**Department:** Gynaecology

**Division:** Women's Health

**Production date:** September 2024

**Review date:** September 2027

**JR 1187 v1**