

Information for patients and carers

Whilst you are waiting for a repeat scan

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



We are sorry that we have been unable to give you a definite diagnosis today. Sometimes in early pregnancy, we are not immediately able to confirm what is happening with your pregnancy, but time will allow us to make a diagnosis. We know that this waiting period, and not knowing what is happening, can be very hard.

Giving some time before another scan can:

- Allow the pregnancy to develop further and progress so that we can see where the pregnancy is growing, or see a baby developing; or
- Let us be absolutely sure that the pregnancy is not progressing and allow us to confirm a diagnosis of miscarriage

Pregnancy of unknown location (PUL)

“Pregnancy of unknown location”, sometimes known as PUL, can be very confusing. We know from urine or blood pregnancy tests that there is a pregnancy, but it can sometimes be difficult to see on ultrasound. This may be because:

- It is too soon, and the pregnancy is simply too small to see with the ultrasound machine
- The sonographer cannot see the structures within a sac in the womb to definitely call it a normally growing and developing pregnancy
- The pregnancy may be developing outside of the womb in the wrong place, known as an ectopic pregnancy, but we need a further scan to look at it
- The pregnancy may sadly have already miscarried, but we need to confirm this with blood tests and/or scans

Why do I need another scan?

Our sonographers work to national guidance when measuring the baby, or the sac that the baby is developing in (the 'gestation sac'). We need to be absolutely sure of our findings to make sure that we are giving you the right information and offering you the correct treatment.

When will my scan happen?

The sonographers or nursing staff will tell you when your next scan will be arranged, and an appointment will be made for you before you leave the unit - usually be arranged between 7-14 days later, depending on what has been seen already.

Waiting for your next scan

Waiting for your next scan can be very hard, and it is normal to feel a range of emotions in this time including sadness, frustration and anger. Some people feel very numb with no emotion. There is no right or wrong way to feel during this time. You may find it helpful to tell loved ones what is happening to you and your partner, so that they can offer you support.

Some people find it helpful to have a distraction whilst they are waiting for their next scan and might be OK to carry on at work. Others may feel they cannot concentrate and would prefer not to go to work. Whatever you decide, we can support you. You can self-certify if you are unable to work for the first 7 days – ask your employer for details. Should you need a fit note for any absence beyond 7 days, we can provide this. You might like to explain to your manager the reason why you are unable to work, or you might want to keep it confidential. The Miscarriage Association have information for employers.

If you are worried that you are experiencing worsening pain or bleeding whilst you are waiting for your next scan, you can contact GEPAU on **01772 524415** for advice and you may be invited in for assessment.

You may like to look at the Miscarriage Association for further support
<https://www.miscarriageassociation.org.uk/>

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
www.nhs.uk
www.accessable.co.uk
www.patient.co.uk
www.lancsteachinghospitals.nhs.uk/veteran-aware
<https://bepartofresearch.nihr.ac.uk/>

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www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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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:

patientexperienceandinvolve@LTHTR.nhs.uk

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