



Information for
patients and
carers

Home Treatment and
Follow Up Guide

Date/time to take Misoprostol: _____
(Oral tablet or vaginal tablet)

Date to take pregnancy test: _____

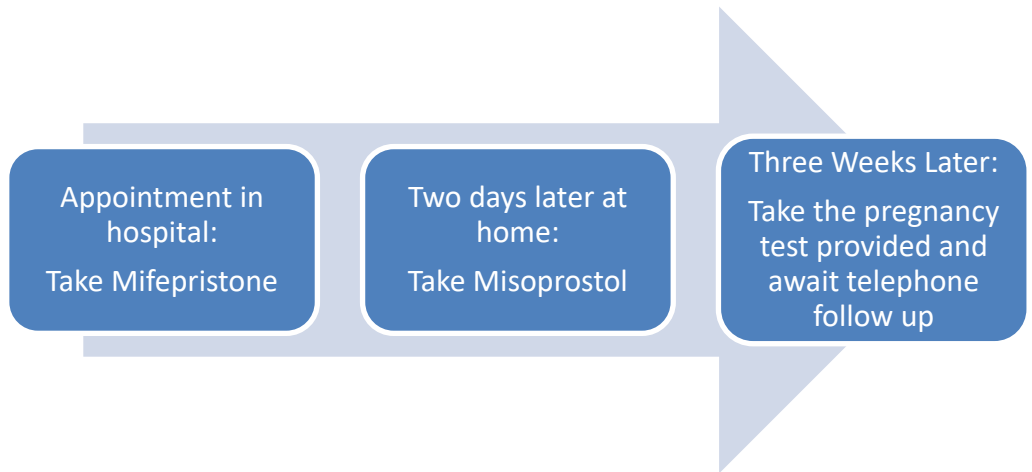
Date/time of telephone follow up: _____

What is a home termination of pregnancy (TOP)?

A TOP is the process to bring an end to a pregnancy. This can be done with either medication or surgery. A medical TOP involves taking two sets of tablets 48 hours apart.

A home TOP allows the second medication to be taken at home. This may be offered to you if your pregnancy is less than 10 weeks in duration. You will pass the pregnancy tissue at home. Many women find this experience more preferable and comfortable compared to being in a hospital.

What is the process for home TOP?



What will happen when I go home?

After taking the first tablet you will be able to go home and will be given a pack containing:

- Misoprostol tablets
- This advice leaflet
- Low sensitivity pregnancy test
- Antibiotics – if needed
- Low molecular weight heparin – if needed, you will be shown how to administer this

You will also need to consider:

- Having access at home to pain relief (paracetamol or ibuprofen depending on your allergies)
- Having a supply at home of sanitary towels (not tampons)
- Having support at home – an adult who can stay with you
- Have a working telephone – to contact us if needed

How do I take the Misoprostol (second part of the treatment)?

48 hours (two days) after your clinic appointment you need to take the misoprostol.

See the first page of this leaflet for your selected treatment.

If your pregnancy was under 7 weeks

- You will have 400 micrograms of Misoprostol to take as a tablet to swallow

If your pregnancy was 7-10 weeks

- You will have 800 micrograms of Misoprostol to put at the top of the vagina

- To do this:
 - Empty your bladder and wash your hands
 - Insert the tablets one at a time as far up the vagina as you can, using your finger
 - Lie down for 30-60 minutes after insertion

What can I expect to feel and see?

Most women experience cramping and bleeding. The bleeding may be heavier than a usual period. You may see some blood clots. It is also possible that you will see the foetus which may be up to 15 mms long at 10 weeks and recognisable as a very tiny baby. Once the pregnancy tissue has passed the pain and bleeding decreases, however you may experience light bleeding for up to 3 weeks.

You may also see a vaginal tablet come away once the bleeding starts. This is nothing to worry about as enough medication is likely to have been absorbed.

Other side effects include, diarrhoea, nausea, vomiting, headache, feeling hot and cold.

What should I take for the pain?

If you do not have allergies to the following we recommend:

Paracetamol 1 gram (2x500mg tablets) every 4-6 hrs to a maximum of 4 grams (8x500mg tablets) every 24 hours and Ibuprofen 200-400mg every 8 hours to a maximum of three doses in 24 hours.

When should I take the pregnancy test?

You should take the pregnancy test provided three weeks after taking the misoprostol (tablets at home). Please use the one provided as this is

calibrated specifically for this service. The nurse will ask you for the result at your follow up appointment.

When can I return to normal activities?

You can return to normal activities as soon as you feel ready. It is not unusual to feel more tired for a few days following a TOP and you may want to avoid strenuous activity.

You should wait for the bleeding to stop before resuming sexual activity and start contraception immediately or as discussed in your clinic appointment.

When should I call for help?

Please call 999 if you experience shortness of breath, chest pain or loss of consciousness.

Please contact the Gynaecology Assessment Unit (GAU) **URGENTLY** if you experience any of the following:

- Heavy bleeding that soaks a pad in 30 mins
- Pain that is taking your breath away and not improved with paracetamol or ibuprofen

Contact GAU if you experience any of the following:

- Smelly vaginal discharge
- Raised temperature or flu like symptoms
- Bleeding that continues for more than three weeks
- Feeling faint or dizzy
- Burning or stinging when you pass urine

Contact details

If you have any more questions please discuss these with the doctor or nurse looking after you. Should you require urgent advice during or following your TOP please contact the gynaecology assessment unit (GAU): 01772 524415. This number is available 24/7.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

www.fpa.org.uk Family Planning Association

www.archtrust.org.uk - Abortion recovery care and helpline

www.lscft.nhs.uk/Mindsmatter - Minds Matter

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

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

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Lancashire Teaching Hospitals is a smoke-free site.

On 31 May 2017 Lancashire Teaching Hospitals became a smoke-free organisation. From that date 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 including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Cantonese:

如果你希望以另外一種格式接收該資訊，請和我們聯絡，不必猶豫。

Gujarati:

જો તમને આ માહિતી બીજી રચના કે ફોર્મેટમાં મેળવવાની ઇચ્છા હોય, તો કૃપા કરી અમારો સંપર્ક કરતા અચકાશો નહિ.

Hungarian:

Kérjük, vegye fel velünk a kapcsolatot, ha más formában kéri ezt az információt.

Polish:

Jeżeli chciał(a)by Pan/Pani otrzymać niniejsze informacje w innym formacie, prosimy o kontakt.

Punjabi:

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਵਿਚ ਇਹ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਤੋਂ ਨਾ ਝਿਜਕੋ।

Urdu:

اگر آپ اس معلومات کو کسی اور صورت میں حاصل کرنا چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کرنے میں ہچکچاہٹ محسوس نہ کریں۔

Department: Gynaecology

Division: Women and Children

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