



Management of miscarriage using local anaesthetic

What is a manual aspiration for miscarriage?

This is a method of emptying the womb and completing the miscarriage for you without requiring a general anaesthetic. It can safely and effectively be used up until 9 weeks of pregnancy and if appropriate up until 12 weeks. It is a quick, safe and successful way of managing miscarriage.

The neck of the womb is numbed with a local anaesthetic and then gently dilated. A narrow tube is used to remove any remaining pregnancy tissue by aspiration. The pregnancy tissue is routinely sent to the laboratory to confirm the pregnancy tissue. A chlamydia swab will be taken at this time.

How long does the procedure take?

The procedure takes 5-10 minutes in total. You will need to stay with us for approximately an hour afterwards to ensure you are well. It is common to be anxious about any procedure but often a woman is not able to tell when the procedure has begun. You will need to be accompanied by an adult to take you home and you should not drive on the day of the procedure.

Is there any preparation needed?

Eat and drink as normal.

You will be asked to place two tablets in the vagina on top of a tampon before you leave home (approximately 3-4 hours prior to procedure). This softens the neck of the womb. We also advise that you take 1 gram of paracetamol (two 500mg tablets) and ibuprofen 400mgs 1 hour prior to the procedure. If you are allergic to either of these tablets please take whatever you would normally take for a headache. Before undergoing the procedure we will make sure you have given your written consent, have a blood sample to ensure you are not anaemic and to check your blood group.

Will it be painful?

The most that tends to be experienced is some period type pain during and after the procedure. Entonox (gas and air) will be available for instant pain relief for those who need it.



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How much bleeding will I have?

Usually there is light bleeding for up to 2 weeks, occasionally a bit longer. We advise that you use sanitary towels rather than tampons for this loss to reduce the risk of infection and enable you to monitor the amount of bleeding. If you have any concerns you should contact the Early Pregnancy/Emergency Gynaecology Unit. Follow up post procedure is not normally required.

Is it safe?

Management of miscarriage with local anaesthetic has a 98% success and is widely considered a safe and effective way of completing a miscarriage. In 2% of cases it may need to be repeated, and it is then successful. MVA has been used in America for over 30 years and it is reported as having a 1% complication rate. These complications may be bleeding or infection. This is less than some of the other ways of managing miscarriage. You also do not have the risk of a general anaesthetic.

Reminders

- You need to have an accompanying adult
- You must ensure you have pain relief at home
- You should only use sanitary towels
- You should not have intercourse whilst bleeding
- You can expect your next period 4-6 weeks after the procedure

Please do a pregnancy test in two weeks after the procedure and if positive to contact the unit.

If you have any further questions please call the **Early Pregnancy Unit / Emergency Gynaecology Unit, Beech Ward: 01793 605257.**

You will have 24 hour access to this service.

Arriving by car:

Car parking at the hospital is limited, as the Trust operates a Green Transport policy and we encourage staff and visitors to use alternatives to driving wherever possible. Parking charges are pay on exit and are barrier controlled.

Disabled Parking:

There are spaces close to the hospital entrance.



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Set down Area:

For patients with walking difficulty, you may stop in front of the entrance for 20 minutes. Ask at reception in the hall for use of a wheelchair if this helps.

Arriving by bus:

There are frequent services from the town center and surrounding areas. For current bus times ring: (01793) 428428.



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From 1st January 2019 smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

Document Control

Division: Women & Children's
Department: Gynaecology
Approved Date: 21 March 2019
Next Review Date: April 2022
Document Number: W&C - PIL0048