

What to expect

- Return to EDU for your Day 2 appointment
- A nurse will ask you to wait in a separate waiting area in Recovery
- Your support person will wait in the main waiting area whilst you get ready

The doctor will get your consent for the procedure

To get ready for the procedure your nurse will:

- Give you some medication to start the termination process.
- Give you some medications to relax you and minimise pain.
- Offer you the opportunity to change into a hospital gown.
- Insert a small plastic tube (cannula) in your hand or arm. This will be used during surgery to give you more medication.
- Your support person can then join you.

About one hour after taking the first medication your nurse will take you to the procedure room and help you get positioned comfortably. You will be given pain relief. The nurse will assist you to put your legs into the leg supports. The doctor will wash your vaginal area and cover your legs with sterile sheets.

A speculum is put into the vagina; this may feel a bit uncomfortable. Your cervix will be made numb with local anaesthetic. A plastic tube is inserted through your cervix and your pregnancy tissue is removed by suction. You will not be in the room long, most surgery takes around 10 minutes. During the termination process, you may notice some cramping similar to a period pain.

If you would like to take your pregnancy tissue home, please tell the nurse

Recovery

Most women are ready to go home about 30-45 minutes after their surgery. Before you go home, you will

- Have the plastic tube (cannula) removed
- Be offered your discharge paperwork
- Be clear about the contraception choice you have made and how this works.
- Know how to safely look after yourself at home and when to ring for advice
- If you are rhesus negative, you will be offered an injection of Anti D Immuno-globin.

Most women can go back to their usual activities the next day. Most women will have some bleeding that can last up to 3 weeks. Some women will have cramping for a few days after the procedure.

It is not advisable to take a long haul flight within 2 weeks of the procedure.

Possible Complications

With all operations, complications can occur. About 5% (1 in 20) of women who have a surgical termination will need medical attention and some may require re-admission to hospital for treatment. Most common complications are:

1. Blood clots collecting in the uterus. These may need to be removed by another suction procedure.
2. Ongoing bleeding after the procedure.
3. Infection of the womb.

Less common complications are:

- Perforation of the wall of the womb (and/or other organs), which usually heals itself but may require surgical repair. In extremely rare situations a hysterectomy (removal of the womb) may be required
- A tear in the entrance to the womb, which can usually be repaired simply with stitches at the time of the termination
- Excessive bleeding during the procedure which may require a blood transfusion
- The pregnancy continues and may require the surgical procedure to be repeated

What do I need to do before I come?

Please do the following to prepare yourself before you come:

- Make sure you have a packet of sanitary pads at home.
- Bring a spare pair of underwear and a bag to put your clothes in.
- Arrange to be taken home by car or taxi.
You must not drive for 24 hours after your termination because of the medication you will have.
- You are welcome to bring a support person(s) with you, however for the privacy and comfort of others one support person is preferred.
- Let us know if you would like support from our Kaiatawhai or Pacific Health team.
- Arrange to leave your valuables in a safe place, we cannot accept responsibility for them if you bring them with you.
- Have a bath or shower before you come in for your appointment.

Organise child care for whilst you are here and if, possible for a little time after you get home so that you can have a rest.

Be aware that you can not smoke on the hospital premises.

Your Appointment

Date:

Time:

Please be on time. If you are late you may have to come back again for an appointment on another day.

DO NOT HAVE ANYTHING TO EAT

after _____

You may have **SIPS OF WATER** only

until _____

At any time if you are **concerned** and want to **speak urgently with a nurse**, ring (09) 630 9943 extension 27728 choose option 2

The National Women's Health website has good, accurate and up to date information which you may find helpful.
www.nwhealthinfo.co.nz > Gynaecology > Termination of Pregnancy



Epsom Day Unit

Information for women about Surgical Appointments

Tena koutou katoa, Kia orana, Talofa lava,
Malo e lelei, Fakaalofa lahi atu, Taloha Ni,
Ni Sa Bula Vinaka,
Greetings and Welcome to National Women's Health

Auckland District Health Board
National Women's Health