

Evacuation of the uterus

Information for women who have had a miscarriage

Tena koutou katoa, Kia orana, Talofa lava, Malo e lelei,
Fakaalofa lahi atu, Taloha Ni, Ni Sa Bula Vinaka,

Greetings and Welcome to Women's Health

What to expect from an evacuation of the uterus for miscarriage in early pregnancy

An evacuation of the uterus, also known as a D & C, is a surgical procedure to remove the pregnancy tissue from the uterus. The procedure can be done under either general or local anaesthesia and will require a visit of approximately 3 hours.

An Evacuation of the Uterus for miscarriage treatment:

- may be necessary if there is unusually heavy vaginal bleeding.
- can be recommended if the miscarriage is unlikely to resolve without intervention.
- is appropriate for some women because they prefer the pregnancy tissue to be removed rather than wait for it to be expelled naturally.

Preparing for the procedure

Your appointment will be arranged at your E.P.A.U. visit.

- You must not eat for 6 hours prior to the procedure. You may drink sips of water up to 2 hours prior to the procedure.
- It is advisable to have a shower on the morning of the procedure.
- Please do not wear makeup, nail polish or jewellery.
- You must arrange for someone to take you home by car.



On arrival at the Short Stay Surgical Unit /Auckland City Hospital

Your informed and signed consent is required for this procedure. The nurse will take you to a pre-operative room where Misoprostol medication is given half an hour before the procedure. The nurse will ask you to change into a theatre gown. You will be escorted from the pre-operative room into the operating theatre when the procedure is ready to be done.

After the procedure

You will wake up in the recovery room. You may have an oxygen mask on your face which will be removed once you are fully awake. Your blood pressure, pulse and vaginal bleeding will be checked.

When everything is satisfactory you will be allowed to get dressed and go home. You should not drive for 24 hours after the anaesthetic. Please arrange to be driven home and for an adult to be with you for the 24 hours after the procedure.

Before you leave you will be given a clinical summary letter about your procedure and a copy will be sent to your G.P. We recommend you have the following day off work and see your G.P. for a check up in 2 weeks.

Discharge advice about pain

Resume your usual activities as soon as you feel able. You may get some lower abdominal discomfort, similar to period pain, for the next few days which should be relieved by regular pain relief medication. If this is not controlling your pain please contact your G.P.

Discharge advice to prevent an infection

For at least 2 weeks or until the bleeding stops we recommend that you put nothing in your vagina. This means

- No sexual intercourse
- Use sanitary pads not tampons
- No swimming or spa pools. Shower instead of bathing.

Please finish any antibiotics you may have been given, even if you are feeling well and healthy again.

Please contact your G.P. straight away if you

- develop flu-like symptoms
- get a temperature over 38 degrees
- have heavy bleeding or large clots
- find that your vaginal discharge has become smelly

Gynaecology Service, National Women's

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