

# Surgical Management for Miscarriage under Local Anaesthetic with Manual Vacuum Aspiration (MVA)

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## Information for women

This leaflet can be made available in other formats including large print, CD and Braille and in languages other than English, upon request.

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This leaflet tells you what to expect before, during and after surgical management manual vacuum aspiration (MVA) under local anaesthetic for your miscarriage.

This procedure is offered to women who have been diagnosed with incomplete miscarriage, failed conservative (natural) or failed medical management at 6 - 9 weeks of gestation.

## What is manual vacuum aspiration (MVA)?

MVA is a suction procedure that is used to remove the pregnancy tissue in the womb while you are awake. You will be given painkillers to take and a local anaesthetic drug will be injected around your cervix (the neck of the womb) to numb the area. This means you will be awake during your procedure. You will also have the option of using entonox (inhaled gas and air) during the procedure. A small tube will be passed into your womb and the pregnancy tissue will be removed by gentle suction.

## How successful is MVA?

97 women in every 100 would have the remains of pregnancy tissue removed.<sup>1</sup>

## Are there any risks or possible complications with MVA?

MVA is a very safe procedure. However, there are risks you need to consider before you agree to the procedure. These include:

- **heavy bleeding at the time of the operation.** This is rare but can happen to 1 woman in every 1,000.<sup>2</sup>
- **post-operative infection.** An antibiotic suppository is given during the procedure to reduce the risk of this happening.
- **incomplete evacuation of the uterus.** This means some pregnancy tissue may have been left behind, and further tests or treatment will be needed. This can happen to about 97 women in every 100.<sup>1</sup>

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- **uterine perforation (making a hole in the uterus).** This is rare but it can happen to less than 1 woman in every 1,000<sup>1</sup>. If this happens you may need an operation.

## What will happen before the procedure?

You will be offered counselling before making your decision. You can take as much time as you feel you need to make your decision.

If you have agreed to have this procedure you will be asked to sign a consent form when you fully understand the procedure.

You may be given Misoprostol tablets which you have to take orally 3 hours before you come into hospital; this is to soften the cervix. You are advised to take oral painkillers, for example, 2 x 500mg Paracetamol tablets, 2 x 200mg Ibuprofen tablets and/or Codiene Phosphate, up to a maximum of 60mg about 1 hour before your procedure.

A sample of your blood will be taken to check your blood group and make sure you are not anaemic (the iron level in your blood is not too low). The test will tell us your blood group, for example, A, B, O or AB, and your rhesus factor. You will be either rhesus negative or rhesus positive. It is important to find out your blood group and rhesus factor in case you need a blood transfusion. If you are found to be rhesus negative (Rh-ve) you may be recommended an injection to protect future pregnancies.

You will not need to fast before this blood test is taken.

Please bring sanitary towels to use after the procedure. We would advise you to have someone to pick you up after the procedure

## How long does the procedure take?

It takes about 5 -15 minutes.

## What will happen during the procedure?

You will be asked to lie on an examination couch with your legs supported. A speculum is inserted into your vagina to reach the neck of the womb. You may have swabs taken to rule out infection. The neck of your womb is cleaned with antiseptic solution. A local anaesthetic will be injected around the neck of your womb.

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Once you are comfortable, the neck of your womb will be gently opened to allow a small tube to be inserted into the womb. A vacuum will be created at the end of the tube to gently remove the pregnancy tissue. You may have period-like cramp or feel slightly faint for about 1 - 2 minutes.

When the procedure has finished you may have an ultrasound scan to make sure all the pregnancy tissue has been removed.

## What will happen after the procedure?

You may have light bleeding and the period-like cramps which will wear off gradually. You will be able to rest in the unit to make sure you are well. You will get anti-D injection if you are Rhesus negative. You may be given antibiotics, if needed.

## When can I go home?

Most women can go home about 30 minutes after their procedure. Your doctor or nurse will advise you. You should arrange for a responsible adult to take you home and stay with you for 24 hours.

## How will I feel when I go home?

You may have some:

- vaginal bleeding. This can last up to 14 days but should gradually stop, like a period.
- period-type cramp pain for 24 - 48 hours. Taking paracetamol can help. You should always follow the instructions provided in the leaflet supplied with your tablets.

If:

- your pain becomes severe.
- your bleeding is very heavy, for example, soaking sanitary pads.
- your vaginal loss becomes smelly.
- you feel feverish or generally unwell.

**you must** contact the Early Pregnancy Assessment Clinic (EPAC) nurses or the ward (see contact numbers at the back of this leaflet).

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## How can I help myself?

You should use sanitary pads, **not** tampons, during this bleed. You are advised to avoid sexual intercourse for about 1 week to minimise infection to your womb. You may bath and shower as you wish.

Your next period will be due anytime during the next 3 - 8 weeks and may be heavier or lighter than usual.

## What if I have any worries or concerns?

If, at any time during your miscarriage, you have any worries or are bleeding heavily please contact the EPAC. If this occurs out of hours, you can contact Ward 30 at University Hospital of North Tees (see contact numbers at the back of this leaflet). We will be able to advise you, or if needed, admit you to hospital. If we ask you to come to hospital it would be helpful if you could bring any clots or tissue you have passed with you, if this is not too distressing.

## Will you need to contact me after my miscarriage?

During your miscarriage any tissue passed is sent to a laboratory to check that it is pregnancy tissue. It is then cremated with dignity and respect, this will be discussed with you by your nurse and you will be asked to sign a form giving permission for this to be arranged. If you have any objections to this or would like to make your own arrangements please let your nurse know when you are admitted.

You will be asked for a contact telephone number. This is because sometimes the laboratory tests suggest your miscarriage may not be complete. If this is the case we will need to contact you, and ask you to return to the hospital for a check up.

## How soon can I get back to normal?

You may need to rest for a few days until your bleeding settles. You will not normally be given a follow up appointment, but if you need one please let your nurse know and one will be arranged.

## When can we try for another pregnancy?

There is no right or wrong time to start trying again, but we do advise that you have had at least 1 normal period. We would also advise you to take folic acid.

If you are not planning to have a baby soon, you need to consider contraception with your GP or family planning service.

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## How will I feel after my miscarriage?

Losing a baby, even at a very early stage is very upsetting. This is a normal reaction. Everyone is different; the way in which you cope will be a very personal experience. People vary in how they see miscarriage in a number of ways, between it being a late period to it being the loss of a baby. After miscarriage some people go through grief as they would for any bereavement (death).

For some people the deep sadness passes in a few weeks. For others, it may last months. You will never forget your miscarriage completely but for most people, as time passes, it becomes less upsetting.

If, at any time, you or your partner wish to talk to someone about your miscarriage, please contact any of the following numbers:

## Contact numbers

### University Hospital of North Tees

#### Unit Counsellor

telephone: 01642 624236

Please leave a message on the answerphone and the counsellor will get back to you

#### Early Pregnancy Assessment Clinic

telephone: 01642 624598

Monday - Friday, 8.00am - 4.00pm

#### Ward 30

telephone: 01642 382730

24 hours a day, 7 days a week

### University Hospital of Hartlepool

#### Unit Counsellor

telephone: 01642 624236

Please leave a message on the answer phone and the counsellor will get back to you.

#### Early Pregnancy Assessment Clinic

telephone: 01429 522664

Monday - Friday, 8.00am - 4.00pm

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For out of hours advice please ring **Ward 30, University Hospital North Tees** (see above).

## References:

1. Milingos D. Mrthur M. Smith N. Ashok P. Manual vacuum aspiration: a safe alternative for the surgical management of early pregnancy loss. BJOG 2009; 116:1268-1271.
2. Hinshaw k. Fayyad A, Manjuluri P (2006). Greentop Guideline No 25. The Management of Early Pregnancy Loss. Royal College of Obstetrics and Gynaecologists Press. London.

**Specialist Stop Smoking Service**  
(incorporating Middlesbrough, Redcar and Cleveland, Stockton and Hartlepool)  
telephone: 01642 383819  
Monday – Friday, 9.00 am – 5.00pm

## Further information is available from:

**The Miscarriage Association** (Reg. Charity No 1076829)  
17 Wentworth Terrace  
Wakefield  
WF1 3QW  
Helpline: 01924 200799  
Monday – Friday, 9.00 am – 4.00 pm  
or via the website at [www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

**Royal College of Obstetricians & Gynaecologists**  
27 Sussex Place  
Regents Park  
London  
NW1 4RJ  
telephone: 020 7772 6200  
or via the website at [www.rcog.org.uk](http://www.rcog.org.uk)

## NHS Choices

telephone: 111 (when it is less urgent than 999)  
Calls to this number are free from landlines and mobile phones  
or via the website at [www.nhs.uk](http://www.nhs.uk)

# Surgical Management for Miscarriage under Local Anaesthetic with Manual Vacuum Aspiration (MVA)

This leaflet has been produced in partnership with patients and carers. All patient leaflets are regularly reviewed, and any suggestions you have as to how it may be improved are extremely valuable. Please write to the Quality Assurance Team, University Hospital of North Tees or email: [patientinformation@nth.nhs.uk](mailto:patientinformation@nth.nhs.uk).

## **Comments, Concerns, Compliments or Complaints**

We are continually trying to improve the services we provide.

We want to know what we're doing well or if there's anything which we can improve, that's why the Patient Experience Team is here to help.

Our Patient Experience Team is here to try to resolve your concerns as quickly as possible. If you would like to contact or request a copy of our PET leaflet, please contact:

telephone: 01642 624719  
Monday – Friday, 9.00 am – 4.00 pm  
Messages can be left on the answering machine and will be picked up throughout the day.

freephone: 0800 092 0084  
Mobile: (can use text): 0779 561 883  
Email: [patientexperience@nth.nhs.uk](mailto:patientexperience@nth.nhs.uk)

Out of hours if you wish to speak to a senior member of Trust staff, please contact the hospital switchboard who will bleep the appropriate person.

telephone: 01642 617617  
24 hours a day, 7 days a week

The Patient Experience Team is available to discuss your concerns in person Monday – Friday, 1.30 pm – 4.30 pm.

## **Data Protection and use of patient information**

The Trust has developed a Data Protection Policy in accordance with the Data Protection Act 1988 and the Freedom of Information Act 2000. All of our staff respect this policy and confidentiality is adhered to at all times. If you require further information please contact the Head of Communications.

telephone: 01642 624339 or [www.dataprotection.gov.uk](http://www.dataprotection.gov.uk)

University Hospital of North Tees, Hardwick, Stockton-on-Tees. TS19 8PE  
University Hospital of Hartlepool, Holdforth Road, Hartlepool. TS24 9AH

Telephone: 01642 617617

Fax: 01642 624089