



If you need this information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer-care@salisbury.nhs.uk.

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Role: Antenatal Screening Coordinator
Date written: July 2011
Last revised: July 2016
Review date: July 2019
Version: 1.2
Code: PI0826

Information for women undergoing a medical termination of pregnancy for a fetal abnormality (page 1 of 3)

We appreciate how difficult coming into hospital is for you, but we hope this information may be of help when you are admitted to the Benson Suite.

The tablet you have just been given contains a drug called Mifepristone. The purpose of this drug is to 'switch off' the normal pregnancy hormones and this makes the induction process shorter.

What happens next?

Once you have been given this tablet you will be asked to stay in the hospital for about 30 minutes to make sure that you do not have a reaction to the tablet. You may then go home for 48 hours before you return to the Benson Suite. You will need to return to:

Maternity Reception on.....at

It is unlikely that the tablet you have just been given will cause any side effects, but occasionally women may feel a bit sick or experience some diarrhoea.

If you feel you need to talk to someone, you can contact the following:

At Salisbury District Hospital:

A member of the Screening Team on 01722 336262 ext. 2643
(Monday - Friday 8.30am - 4.30pm)
or the Benson Suite 01722 425183 at other times.

ARC – Antenatal Results and Choices – 0845 077 2290 or 0207 713 7486 via mobile

If you have any pain, or bleeding, before you are due to come back to the Labour Ward or are worried in any way about what is happening to you, please phone the Labour Ward on 01722 425183.

The staff will be very happy to talk to you if you are worried, and can arrange for you to come in to hospital and be seen if necessary.

Over the next 48 hours you may wish to think about the following;

- do you want to see the baby after he or she is born? The midwife will wrap the baby in a blanket for you to see and hold if you would like
- would you like to spend some time alone with your baby?

- would you like a minister of religion or the hospital chaplain to bless your baby?
- would you like photographs of your baby?
- sometimes we may be able to take hand or footprints of your baby, would you like us to try this?
- you will be asked if you would like your baby to have a post mortem and you can talk to a doctor about this when you come to hospital
- after you have delivered your baby, someone will talk to you about whether you would like your baby cremated or buried. You may want to make your own funeral arrangements.

You may change your mind at any time and do please ask us if you are unsure.

What will I need to bring with me?

You may wish to bring nightwear with you and toiletries including some sanitary towels. It may be helpful to bring in some magazines or books to help pass the time as there will be some time waiting for the drugs to take effect.

On admission to the ward, you will be shown to a single room and introduced to the midwife looking after you.

Your partner or other family members are welcome to stay with you.

The procedure

Once you are settled into your room, your midwife will take your blood pressure, temperature and pulse. She will talk to you about the delivery, what to expect and about the choices you will have to help the pain.

You will be given some tablets. The first ones will be put in the vagina. The rest will be given as tablets to take by mouth every 3 hours until labour starts.

Once labour starts, we suggest you don't have anything to eat or drink. This is in case there are any problems with the delivery of the placenta. You will be given an injection following the delivery of your baby to help the womb contract, deliver the placenta and stop any bleeding. Occasionally the placenta does not come away and you need a short operation under general anaesthetic to help remove it.

It is difficult to say how long labour will last but the midwife looking after you will make sure you are comfortable and keep you informed of what is happening.

The midwife will contact your family doctor to let him know what has happened and, if you would like, we can arrange for your community midwife to see you once you are home.

Once you get home

Although most women are relieved to be home, you may feel physically and emotionally drained by all that has happened. Your family doctor may want to visit you. Do contact him or her if you have any concerns or need a certificate to be off work.

You may notice that your breasts become tender and produce milk. We suggest that you take a simple pain killer such as paracetamol to help if needed and wear a well fitting bra. You will

continue to lose blood vaginally and should use sanitary towels not tampons. If this bleeding continues for more than 10 days or so please see your family doctor. If you find at any time that you suddenly start to bleed heavily, then please contact the Labour Ward or you may want to call for an ambulance.

Don't feel you have to return to normal straight away, you will need time to recover physically and this may take several weeks. Recovering emotionally from the loss of your baby may take much longer.

The hospital will send you an appointment to come back and see your consultant about 12 weeks after you have left hospital. Although it is difficult to come back to the hospital that holds many sad memories, there may be important issues to discuss.

Support Groups

You may feel that you need to talk to someone about how you are feeling and there are several support groups who may be able to help.

ARC (Antenatal Results and Choices)

Tel 0845 077 2290 or 0207 713 7486
via mobile

www.arc-uk.org

SANDS (Stillbirth and neonatal death society)

Tel 0207 436 5881

www.uk-sands.org

Salisbury District Hospital Chaplaincy Team

Tel 01722 429271