

Retained products of conception

Tablet treatment with Misoprostol



Information for patients

Gynaecology



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



We have written this information leaflet to explain the treatment for retained products of conception using a drug called Misoprostol.

What are retained products of conception?

Your recent ultrasound scan has identified some remaining products of conception (pregnancy tissue) within your uterus (womb). This tissue has failed to come away following your recent miscarriage or medical / surgical treatment. The Misoprostol tablets will hopefully help your body to pass the tissue quickly.

This can also be managed in the following different ways:

- Expectant management
- Surgical management with a local anaesthetic (you will be awake) or general anaesthetic (you will be asleep). This will be dependant on the amount of remaining products of conception.

The Misoprostol **may not be suitable** for you if you have any of the conditions below:

- High blood pressure not managed by medication
- High cholesterol
- On long term cortico-steroid treatment
- On long term anti-coagulant treatment

Please inform the nurse or doctor as they may need to discuss this further with medical colleagues at the hospital.

Will I get any side effects from the drugs?

You may get some of the following side effects. Once the treatment has worked these side effects usually stop.

- Nausea: 40 in 100 women
- Vomiting: 20 in 100 women
- Diarrhoea: 15 in 100 women
- Headache: 16 in 100 women
- Dizziness: 25 in 100 women
- Flashes / sweats: 25 in 100 women

How do I take the Misoprostol tablets?

We will give you 4 tablets to take in hospital. You can have the tablets vaginally, buccally (tablets placed between the upper lip and gum) or sublingually (tablets placed under the tongue). These tablets work by encouraging your uterus to expel the remaining pregnancy tissue.

Will I have any pain?

Most women have some period type pains following the treatment that can last for a few hours. This may be worse than your normal period. In a few women, the pain may last for approximately 5 days. The pain should be relieved by taking simple pain relief tablets such as Paracetamol or Ibuprofen.

Will I have any bleeding?

You may bleed for up to 10 days following the treatment. However, some women bleed less than this, while others may bleed up until their next period. It is better to use sanitary towels as this makes it easier to monitor your bleeding. If you use tampons, please change them regularly to reduce the risk of infection.

Is there anything I should look out for when I go home?

You should contact the gynaecology ward (in the first instance) or your GP if you have any of the following:

- You have severe pain which is not relieved with simple pain relief tablets
- You feel feverish
- You have excessive or persistent vaginal bleeding
- You have an offensive vaginal discharge

Will I need to come back to the hospital after my treatment?

No. Instead of asking you to come back to the ward we will ask you to complete a urine pregnancy test 3 weeks after your treatment. You need to contact ward G1 if the result is **positive**. You may be asked to return to ward G1 for an ultrasound scan and assessment.

You **do not** need to contact ward G1 if the result is **negative**.

Please perform the urine pregnancy test on: ____ / ____ / _____

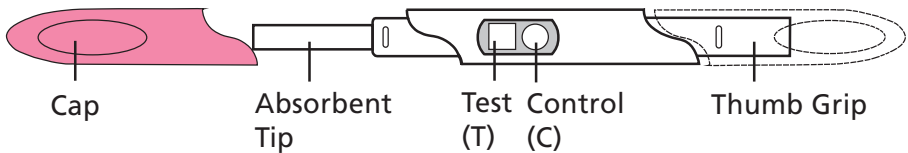
(Do not use before this date)

Why do I need to do a urine pregnancy test?

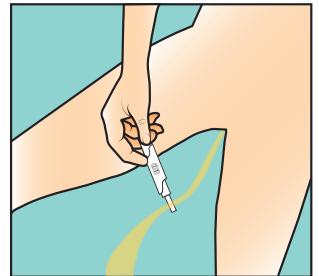
The urine pregnancy test works by recording the levels of pregnancy hormones in your urine. We would expect the level of hormones to begin to fall once you have passed the remaining pregnancy tissue.

How do I complete the urine test?

This is the test device



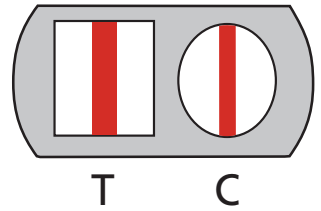
1. Remove the test device from packet
2. Remove the cap and place it on the thumb grip end.
3. Hold the test by the capped thumb grip with the exposed absorbent tip pointing downward directly into your urine stream for at least 10 seconds until it is thoroughly wet.
4. After at least 10 seconds remove the test from your urine and immediately replace the thumb grip cap back over the absorbent tip.
5. Lay the test on a flat surface with the Test and Control windows facing upwards, and then begin timing.
6. As the test begins to work, you may notice a light red flow moving across the Test and Control windows. Wait at least 3 minutes for the red line(s) to appear. If no red line appears, wait one minute longer. Some positive results may be seen in 1 minute or less.



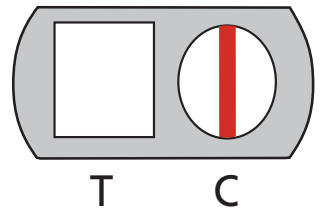
Do not read the result after 10 minutes.

How do I read the test device?

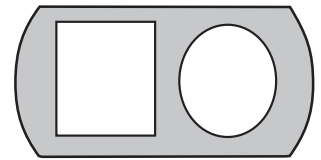
Hormone levels present - 2 red lines in both the test window (T) and control window (C) means you may still have retained products of conception or some remaining pregnancy hormones. One line may be lighter than the other; they do not have to match.



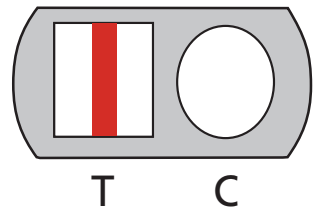
No hormone levels present - 1 red line in the control window (C) means that your hormone levels are falling and the retained products of conception have probably been passed.



Invalid result - If no red line appears in the control window (C), even if a line appears in the test window (T) this indicates an invalid result.



You will need to contact the ward and we will arrange for a new test to be sent to you.



What will happen next?

If you are well and your test is negative you will be discharged.

If the urine pregnancy test remains weakly positive and your symptoms have stopped / reduced you will be given the opportunity to repeat the test in 2 weeks (we will post a further urine pregnancy test out to you).

If you have not had any change in symptoms and the test remains strongly positive you will be asked to return to ward G1 for a medical assessment and an ultrasound scan.

When will my periods return to normal?

If your periods were regular before then your periods should return to normal within 4 to 6 weeks.

Who can I contact if I have any questions?

If you have any concerns or need further information then please do not hesitate to contact:

- Gynaecology Ward G1: **0114 226 8225**



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