

## Contact details

If you have any questions about any of the information contained in this leaflet please contact the relevant hospital below:

### Lincoln County Hospital

Hemswell Ward

Mon - Fri 8.30am - 5.00pm      01522 573552

Branston Ward

Evenings and weekends      01522 573132

### Grantham & District Hospital

Gynaecology Office

01476 464357

### Pilgrim Hospital

Ward M2

01205 445432

The Trust endeavours to ensure that the information given here is accurate and impartial.

If you require this information in other languages, large print, audio (CD or tape) or Braille please email the Public Information Team [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)



United Lincolnshire Hospitals **NHS**  
NHS Trust

# Medical Aftercare

## Gynaecology Departments

[www.ulh.nhs.uk](http://www.ulh.nhs.uk)

## **Aim of the leaflet**

The aim of this leaflet is to provide further information and aftercare advice following a surgical (medical) evacuation.

We advise that for the next 48 hours you:

- Rest as much as possible.
- Do not engage in strenuous sport, heavy work or lifting.
- Do not drink alcohol or smoke cigarettes.

If you have had a painkilling injection please do not drive a vehicle or make any important decisions (such as signing a legal document) for the next 24 hours.

If you have had entonox (gas and air) please do not drive for 12 hours.

## **What to expect**

### **Pain**

For the next 2 days you may experience period-like cramps. Do rest and if you need, use your normal painkillers.

A hot water bottle will also provide some pain relief and comfort.

### **Bleeding**

The amount of bleeding you have will vary. You may bleed for 1 - 3 weeks, or you may have no bleeding at all. Occasionally, you might lose some tissue or small clots after you have left the hospital. If this happens do not be concerned, as long as your loss settles afterwards.

Your next period will usually happen 4-6 weeks after this treatment. It may be heavier than usual but this would be normal.

## **Infection**

Because the neck of the womb (cervix) is open slightly whilst you are bleeding, there is a risk of infection. To reduce this risk, for the next 3 weeks, or until you have had no blood loss for five days:

- Do not use tampons.
- Avoid sexual intercourse.
- Do not go swimming (baths and showers are fine).

You may be given some antibiotics afterwards to take before you are discharged home.

## **Feelings**

As an individual the feelings you may have afterwards will vary. You may experience days when you feel 'back to normal' mixed in with days when you feel sadness or a sense of loss. These feelings are normal, but you might find it helpful to talk to someone you know and feel close to.

If you do wish to speak to someone and you are unable to do so with a partner, close friend or family member, you might consider contacting the ward you were discharged from where a member of staff would be able to help you. (Ward M2 can advise but do not have a counselling service).

If you experience any of the following please contact either the hospital or your GP:

- Prolonged bleeding or blood loss that becomes very heavy.
- You lose a lot of clots which look to be more than 5 cm (2 inches) in diameter.
- Severe pain, or the pain begins to get worse rather than better.
- A raised temperature.
- An unpleasant smelling vaginal discharge.