

## References

If you require a full list of references for this leaflet please email [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)

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 Trust

# Medical Method

## Gynaecology Departments

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

## First Appointment

Place.....

Date.....

Time.....

At the first appointment you will be given the opportunity to ask questions.

You will be given one tablet to take. You will need to stay on the ward for one hour after taking the tablet.

After an hour has passed, you may go home and you will be given a time and date to return.

## What to expect after taking the tablet

Once you have taken the tablet it is important that you do not smoke or drink alcohol for the next 48 hours.

## Pain

You may experience mild period-type pains once you have taken the tablet. This is normal. You may take paracetamol (panadol) for tummy cramps, but **do not** take Aspirin, Ibuprofen (Nurofen or Brufen) or any medicine containing Aspirin.

## Contact Details

If you require further advice/information regarding the content of this leaflet please contact:

### Lincoln County Hospital

Monday - Friday      Hemswell Ward  
8am - 6pm              01522 573552

Monday - Sunday      Branston Ward  
6pm - 8am              01522 573132

### Pilgrim Hospital

Monday - Friday      Ward M2  
8am - 6pm              01205 445432

### Grantham Hospital

Monday - Friday      Gynaecology Outpatient 01476 464401  
8am - 6pm              Day surgery ward              01476 464408

## Going home

Expect to be on the ward for most of the day. You will probably be able to go home between 4pm - 5pm. Please make sure you have someone to take you home.

You will be seen by the nurse before you go home.

- Very occasionally the medical method fails. If there is any doubt as to whether you have passed everything, one of the following will occur:
- The nurse or the doctor will gently do an internal examination to see if the neck of the womb (cervix) is open or closed.
- If the cervix is closed and you are not bleeding heavily, you may be discharged home and a follow-up appointment will be made.
- If the cervix is open you may need to stay overnight for further observation and you may need a surgical procedure. If this happens the nurses will explain this procedure to you.

You will be given a letter for your GP, some discharge information and any medication that you may need.

If you experience severe pain, please contact us on one of the telephone numbers in this leaflet.

## Bleeding

About 12 hours or so after taking the tablet you may have some light bleeding so it is a good idea to wear a sanitary towel (please do not use tampons).

If the bleeding becomes heavier than a normal period or you are worried please contact us.

## Sickness

It is okay to eat and drink as normal. If you feel sick, drink plenty of water and have small, light meals if you can manage to.

If you are unable to keep food or fluids down, please contact us.

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## Second Appointment

Place.....

Date.....

Time.....

You may bring a partner or friend with you.

### What to bring

- Wear comfortable clothes; night clothes are not necessary, but you may bring them if you wish.
- Bring an extra pair of pants/spare clothes (just in case!).
- Bring some sanitary towels.
- You may like to bring books or magazines with you to help pass the time.

## What will happen

When you arrive you will be shown to your room and a nurse will come and explain what will happen.

You will be given four small vaginal pessaries and be asked to rest on your bed for the first hour.

You can still eat and drink as you wish and you will be offered hot/cold drinks, sandwiches and/or toast during your stay.

You might experience tummy cramps, this is normal and means that the pessaries are working. You will be able to have painkillers for this. General movement around the room can help the process.

You might have some sickness, if you do you will be offered some anti-sickness medication. You will be asked to use the commode (portable toilet) every time you go to the toilet, so that the nurse can check for blood loss and tissue. Please do not be embarrassed.

The nurses are here to support and help you throughout your stay. If there is anything you are worried about or unsure about, please let us know.