



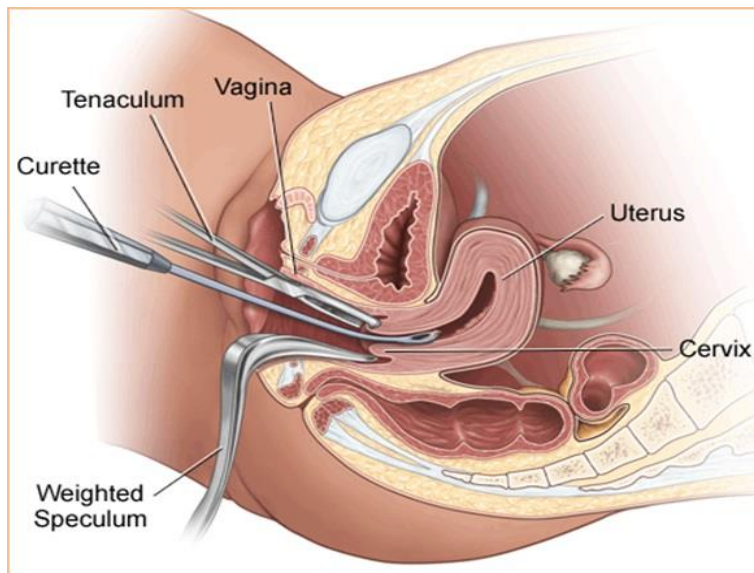
## **Treatment of Miscarriage with Vacuum Aspiration in the OR**

### **Prior to procedure in OR:**

- You will need to have someone available to drive you due to medications.
- Nothing to eat or drink after midnight the night before the procedure
- Take a shower the morning of the procedure
- Wear something comfortable
- You will need to arrive 2 hours prior to procedure on the 4<sup>th</sup> floor of University tower
- Park in the Durham Outpatient parking garage green levels
- Plan to be here for 4-8 hours depending on the OR schedules and your recovery

### **What to expect during the procedure in clinic:**

- The doctor will insert a speculum in the vagina and wash the cervix with iodine soap.
- The doctor will inject a numbing medication into the cervix, which will make the procedure more comfortable.
- The next step is to dilate the opening of the cervix.
- Once the cervix is open, a small plastic tube is inserted into the uterus and connected to a suction device.
- The tube is moved inside the uterus with gentle suction for 3-5 minutes in order to remove all of the pregnancy tissue. You may feel some cramping as uterus shrinks down to normal size.



- If your blood type is RH negative (O-, A-, B- or AB-) you may receive a shot of Rh immunoglobulin. During pregnancy it is possible for the mother's blood to come into contact with the fetal blood cells. If a woman is Rh negative, and the fetus is Rh positive, the contact can cause the mother to make antibodies and this could cause problems in later pregnancies.

## **Discharge Instructions following Vacuum Aspiration**

- You may feel sleepy or not yourself for several hours after procedure due to pain medication and medication for anxiety
- Do not drive or operate machinery until no longer taking pain medication
- Do not consume alcoholic beverages for the next 24 hours
- Get plenty of rest over the next few days
- You may take Ibuprofen(Advil) or Acetaminophen(Tylenol) for cramping/pain
- Do not swim, use a hot tub or take a bath for 2 weeks or until bleeding has stopped
- No vaginal intercourse and put nothing inside vagina for at least 2 weeks
- Do not use tampons until the bleeding has stopped
- Breast tenderness or swelling may last several days to a week after the miscarriage. You may also have some drainage from your nipples for a few days
- Do not take a pregnancy test, it may remain positive for 3-4 weeks.
- It may take time for your menstrual cycle to return to normal, typically 4-6 weeks. This period may be heavier than normal. Ovulation can occur within 2 weeks of your miscarriage so it is possible to become pregnant within the month.

### **Follow up:**

- If you have not started your period in 4-6 weeks call for EPAC nurse for appointment.
- Our office will be calling you in the next few days to see how you are doing
- Please call our office at any time with questions. If you are having any issues with coping or grieving the loss of your pregnancy, please contact us

### **Please contact our office if you develop:**

Call 402-559-4500 and ask to speak with EPAC nurse (Olson Center is open Mon-Fri 8 am-4:30 pm)

After hours call to 402-559-4500 or go to ER

- Nausea/Vomiting
- Vaginal bleeding that gets heavier rather than lighter or lasts longer than 2 weeks
- Cramping increases and continues for more than 2 days
- Fever (greater than 100.5)
- Vaginal discharge with odor

### **Go to the **UNMC Emergency Room** (44th/Farnam) if you have the following symptoms:**

- Heavy vaginal bleeding (more than 1 large pad an hour)
- Shortness of breath
- Severe abdominal pain