



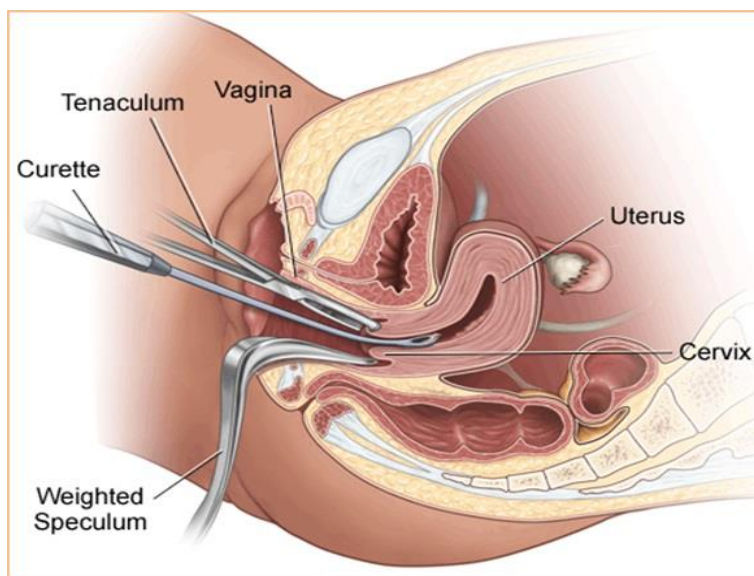
## Treatment of Miscarriage with Manual Vacuum Aspiration (MVA)

### Prior to procedure in clinic:

- You may eat a light meal up to 2 hours prior to appointment
- You should fill all prescriptions the doctor gave you/called in prior to appointment
  - \_\_\_\_\_ **Doxycycline**- is an antibiotic.
    - You will need to take 2 tablets 1 hour prior to your appointment and then 1 tablets the evening of the procedure.
  - \_\_\_\_\_ **Ibuprofen**- is a non-steroidal anti-inflammatory medication used for pain.
    - You should take 1 tablet (800 mg) 1 hour prior to your appointment.
  - \_\_\_\_\_ **Tylenol**- is a pain reliever.
    - You should take 2 tablets (1,000 mg) 1 hour prior to your appointment.
  - \_\_\_\_\_ **Cytotec/Misoprostol**- this will dilate your cervix.
    - 400 mg buccally (between cheek and jaw) 1 hours prior to your appointment, place 2 tablets along gum line and let melt 45 mins and then swallow pills with water. (Place this AFTER you take Doxycycline, Ibuprofen and Tylenol)
  - \_\_\_\_\_ **Ativan**- is an anti-anxiety medication.
    - BRING to appointment. After speaking with the doctor and signing consents, take 1 tablets at your appointment.
  - \_\_\_\_\_ **Lyrica**- is a pain reliever.
    - BRING to appointment. After speaking with the doctor and signing consents, take 1 tablets at your appointment.
- You will need to have someone available to drive you home due to anxiety medications.

### 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 Manual Vacuum Aspiration (MVA)**

- 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:**

- Make sure you take your 2<sup>nd</sup> dose of antibiotic- Doxycycline 200mg
- 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