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 devise.
- 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 2nd 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