

Further information

-Association of Early Pregnancy Units (AEPU):

<https://www.aepu.org.uk/>

-Miscarriage Association:

www.miscarriageassociation.org.uk

-National Institute for Health and Care Excellence

(NICE): *Ectopic Pregnancy and Miscarriage*:

www.nice.org.uk/guidance/cg154/ifp/chapter/About-this-information

-NHS 111 service:

www.nhs.uk/NHSEngland/AboutNHSservices/Emergencyandurgentcareservices/Pages/NHS-111.aspx

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or

whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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Pain and/or Bleeding in Early Pregnancy

A patient's guide



You have attended the Emergency Department today with bleeding in your pregnancy. The assessment of the amount of blood loss has been considered, and we appreciate that this is worrying for you, but at the moment it is not a clinical concern, so you have been advised to return to the Early Pregnancy Diagnostic Unit (EPDU).

What does vaginal bleeding and pain mean for me?

Vaginal bleeding and/or cramping pain in the early stages of pregnancy are common and do not always mean that there is a problem. However, bleeding and/or pain can be a warning sign of a miscarriage or, less commonly, of other complications of early pregnancy.

What symptoms should I be aware of after I have been discharged?

It is important that you are aware of the signs of an ectopic pregnancy (overleaf) and that you seek urgent medical help if you have any of them. Fortunately, most women with a PUL (Pregnancy of Unknown Location) do not have an ectopic pregnancy.

Contact your Early Pregnancy Assessment Service or A&E department immediately if you have any of the following:

- heavy bleeding
- severe pain in your abdomen not controlled with simple pain relief
- pain in your shoulders
- dizziness
- fainting

The EPDU (Early Pregnancy Diagnostic Unit) is situated on Betty Mansell Ward on Level 3 in Kenwood Wing.

It is only open from 0800 - 1700 Monday to Friday. It is a walk-in service which you can attend during these hours.

Outside of these hours there are no facilities for the gynaecology team to be able to scan patients.

If or when you attend EPDU, you may have to wait for a short period before you are scanned, or if after assessment by the team there, it may be decided that you do not require a scan at that time.

EPDU Tel No. 020 7288 3786