

Appendix C - TOP Patient Information Leaflet

Medical termination of pregnancy involves taking 2 different medicines to end the pregnancy. The medicines are prescribed by Dr Natalie Woodhead following consultation. The first two medications are taken in the consultation room in front of the consultant after consent and consultation. The 2nd medication is taken at home 48 hours after the first medication.

The pregnancy is passed (comes out) through the vagina at home. This usually happens 4-7 hours after patients take the second dose.

MUMS TOP Service is a safe and legal way to end a pregnancy at an early gestation.

Miss Pradhan/Dr Woodhead will have explained the risks and complications, checked the Hb and STI status and reviewed the ultrasound findings.

Medication

- These medicines have been prescribed for you only. Do not pass them on to others - they may cause harm.
- It is illegal to give your medication to anyone else because it is a Prescription Only Medicine (POM) and was prescribed for you personally.
- Mifepristone is taken during the consultation with the consultant.
- Misoprostal is taken at home.
- However criminal penalties will not apply if this was inadvertent, and you did not believe you were more than 10 weeks pregnant. This should never deter you from seeking medical help if you need it.
- If you do not use the home medication, contact MUMS about how to dispose of or return it. Do not use it for another pregnancy as you could be prosecuted.

Miss Pradhan/Dr Woodhead will advise you what to expect - Lower abdominal pain/cramping and vaginal bleeding. Pain can be severe in some cases, requiring the use of strong painkillers (like codeine). Most terminations are complete within 4 hours of using misoprostol but for some it takes longer. Light vaginal bleeding or spotting can continue until the next menstrual period even if the abortion is complete.

Expected side effects of treatment include:

Nausea, vomiting (sickness), diarrhoea, headache, dizziness, fever/chills (1 in 10). If side effects continue after 24 hours of taking the second medication.

Stephanie Byrom, Director of Operations and Registered Manager at MUMS can be contacted on 07872376913 to put you in touch with either Dr Woodhead or Miss Pradhan should you have any concerns.

Significant unavoidable or frequently occurring risks - these are usually easy to treat and rarely have any long-term health effects:

- Unpredictable time to complete the procedure
- Side effects of drugs such as nausea, vomiting, diarrhoea, headache, dizziness, fever/chills (1 in 10)
- Retained products of conception - where the pregnancy is no longer growing but some of the pregnancy tissue is left behind in the womb (1 in 50)
- Infection of the womb or fallopian tubes (1 in 500)
- Unpredictable, irregular, or prolonged bleeding after the abortion. Light bleeding or spotting can continue to next period (variable)
- Lower abdominal pain and cramping (experienced by all). Pain can be severe requiring strong painkillers
- Continuing pregnancy (less than 1 in 100)
- Haemorrhage – very heavy bleeding (1 in 500)
- Undiagnosed ectopic pregnancy (1 in 500)
- Psychological problems (variable)

Extra procedures that may be necessary

- Surgical abortion or uterine aspiration (1 in 50)
- Blood transfusion (1 in 500)
- Laparoscopy or laparotomy – operation to look inside the abdomen (3 in 100,000)
- Hysterectomy – surgical removal of the womb (1 in 50,000)
- Intravenous antibiotics (1 in 5,000)
- Salpingectomy (removal of fallopian tube) or salpingostomy (opening the fallopian tube) (1 in 10,000)
- Death is very rarely linked to abortion treatment (less than 1 in 100,000 for all abortions).

Your take home pack will consist of:

- Medication Instructions
- Vaginal Misoprostol (Cytotec)
- Codeine (only provided if requested and medically suitable)
- Cyclizine 50mg
- Loperamide
- Contact details for medical advice

The cost of Medical TOP at MUMS is £590.00 which includes:

- Consultation
- Scan
- Prescribing
- Follow up Scan 2 weeks later