



## SuMAC Service

### Surgical miscarriage and abortion care

## Follow Up Information

### Follow Up

- After your procedure, a member of the Bereavement Midwifery team will call you 48 - 72 hours after you are discharged from hospital.
- If you have been referred from another hospital, and would like a further follow up, we will contact the Bereavement Support team from your referring hospital and handover your care. If you were booked at Whittington Hospital, we will continue your care.
- If you were referred to us from an outside provider, we suggest you contact their counselling service. We can assist with the contact details for this.

### Useful Contact Information

- Bereavement Support Midwifery Team:

Jane Laking, Debra Virchis, Katie Courtney

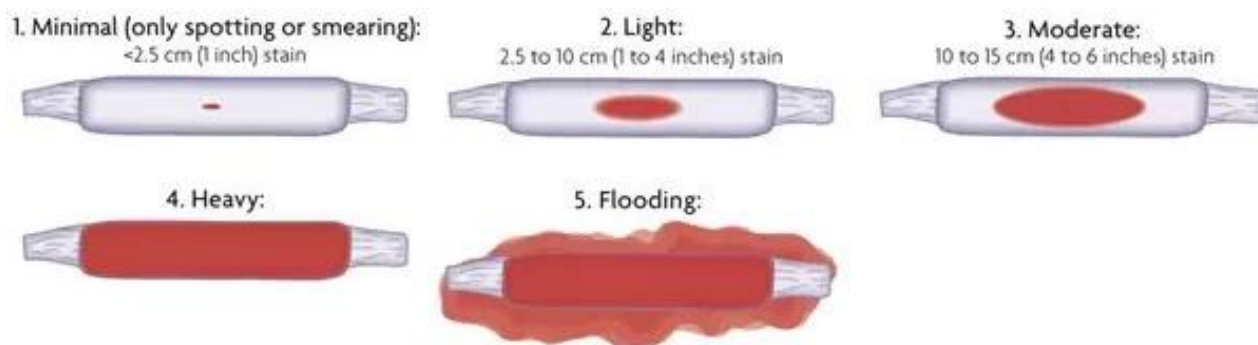
Shared phone: 07825 009 071 – operational 8-4pm (7 days a week) or email [whh-tr.bereavementmidwife@nhs.net](mailto:whh-tr.bereavementmidwife@nhs.net)

- 18 weeks and over - Maternity Triage: 020 7288 5880
- 18 weeks and under - Early Pregnancy Unit: 020 7288 3786
- Labour Ward: 020 7288 5502
- Fetal Medicine Unit: 020 7288 5588
- Department of Spiritual and Pastoral Care: 020 7288 5337



## Bleeding post procedure

- After your procedure, you may have some bleeding. This is normal.
- This will most likely look like a period bleed and can last for 2-7 days.
- After this time your bleeding should start to settle. However, it is not uncommon for the bleeding to continue until your next period, which is expected 4-6 weeks following your procedure. Some women do not bleed until their next period, and this is okay too.
- If your **bleeding is increasing and becoming very heavy**, start to use maternity sanitary pads (see image below for an example).
- If you soak through two maternity pads in 1 hour, please call:
  - The Early Pregnancy Unit – If you are pregnant 18 weeks or less - 020 7288 3786
  - Maternity Triage – If you are pregnant 18 weeks or more - 020 7288 5880
- If you were not booked with Whittington Hospital, please call your local Maternity Triage.
- If you soak through a maternity pad **every 10-20 minutes**, call 999 or go to your nearest hospital Emergency Department immediately (see image below for an example).



## Other Symptoms

- If you start to develop a **temperature**, have **foul smelling discharge or bleeding** from the vagina, please get an urgent appointment with your GP.
- If you cannot get an appointment, please call your local Maternity Triage.



## Emotional Reaction

- It is very normal to have **mixed feelings** after the procedure and these will change in the days following.
- We will call you and offer support. If you feel you need further support, we can discuss this with you during the call.
- We have included a list of charities and organisations that offer support on page 5.

## Medication

**You can use pain relief as needed unless you have an allergy.**

### Pain relief

- Ibuprofen 200mg: You can take 2 tablets (400mg) by mouth every 4 to 6 hours. Do not take more than 8 tablets in 24 hours.
- Paracetamol 500mg: You can take up to 2 tablets (1000mg) by mouth every 4 to 6 hours as needed. Do not take more than 8 tablets in 24 hours.

### Antibiotics

- You will be given some antibiotics after your procedure call Doxycycline; you take 1 tablet twice a day for 3 days.
- **You must** take these with food and do not lie down for an hour after taking them.

### Tinzaparin

- Depending on how far you are along in your pregnancy and any risk factors, you may be given some blood thinning injections, and the Doctor will talk to you about this if needed.
- If you are given this, we will explain how to take it.

## Lactation Choices

### Cabergoline

- If you are 15 weeks pregnant or over, we can offer you a lactation suppressant.
- Cabergoline works by reducing the release of a hormone that creates breast milk production.
- You take a one-off dose of 2 tablets.
- There are other lactation choices apart from suppressing your milk.
- If you do not want to take Cabergoline, our Midwives can talk to you about breast care to help avoid engorgement (when the breasts become overly full, swollen, and hard) or mastitis (infection of the breast) and can discuss other lactation options available.
- Please ask us for the '**Breast care after loss**' information leaflet.



## Testing

- If you have consented to Cytogenetics or Placental Histopathology, all results will be sent to your referring hospital.
- **These results may take 6-8 weeks.**

**Note:** Testing is only suitable in specific cases and therefore will not be offered to every patient.

## Feedback

Your feedback is very important. We welcome and appreciate any feedback about our services and your experiences with us.

Please use the below QR code to tell us about your experience.



## Support available to you

### ARC

Tel: 020 7713 7486

[www.arc-uk.org](http://www.arc-uk.org)

### Chana

Tel: 020 8201 5774 / 020 8800 0018

[www.chana.org.uk](http://www.chana.org.uk)

### Little Fingers

[www.littlefingers.org.uk](http://www.littlefingers.org.uk)

### MIND

Helpline: 020 8519 2122

[www.mind.org.uk](http://www.mind.org.uk)

### Miscarriage Association

Helpline: 01924 200 799

[www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

### Muslim Bereavement Support Service

Helpline: 020 3468 7333

[www.mbss.org.uk](http://www.mbss.org.uk)

### Samaritans

Tel: 116 123

[www.samaritans.org](http://www.samaritans.org)

### Saying Goodbye UK

Tel: 0845 293 8027

[www.sayinggoodbye.org](http://www.sayinggoodbye.org)

### Sands (Stillbirth and Neonatal Death Society)

Helpline: 020 7436 5881

[www.sands.org.uk](http://www.sands.org.uk)

### Local North East London group

[www.support.northeastlondon.org.uk](http://www.support.northeastlondon.org.uk)

 North and East London Sands

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**Support for Fathers:** SANDS United

[sufclondon@gmail.com](mailto:sufclondon@gmail.com),

FB: SandsUtdLondon

[sands.united@sands.org.uk](mailto:sands.united@sands.org.uk)



## NCL (North Central London) Maternity Contacts

### Barnet Hospital

Bereavement Support Midwifery (BSM) team email: [rf-tr.bereavementmidwives@nhs.net](mailto:rf-tr.bereavementmidwives@nhs.net)  
Tel: 020 8216 5185

Fetal Medicine Unit (FMU) email: [rf-tr.fmu-barnet@nhs.net](mailto:rf-tr.fmu-barnet@nhs.net) Tel: 020 8216 5140

### Royal Free Hospital

BSM team email: [rf-tr.bereavementmidwives@nhs.net](mailto:rf-tr.bereavementmidwives@nhs.net) Tel: 020 7794 0500 ext: 32582

FMU email: [rf-tr.fmu-barnet@nhs.net](mailto:rf-tr.fmu-barnet@nhs.net) Contact Number: 020 7794 0500 ext: 33847

### North Middlesex

BSM team email: [northmid.bereavementmidwives@nhs.net](mailto:northmid.bereavementmidwives@nhs.net) Tel: 020 8887 2000 ext: 4368

FMU email: [northmid.fmu@nhs.net](mailto:northmid.fmu@nhs.net) Tel: 020 8887 3199

### UCLH

BSM team email: [uclh.bereavementmidwife@nhs.net](mailto:uclh.bereavementmidwife@nhs.net) Tel: 07539 215 484

FMU email: [uclh.fmumidwife@nhs.net](mailto:uclh.fmumidwife@nhs.net) Tel: 020 3447 6162 / 6163

**In an emergency, please go to your nearest hospital  
Emergency Department (A&E).**



### 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.PALS@nhs.net](mailto:whh-tr.PALS@nhs.net)

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

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[Facebook.com/WhittingtonHealth](https://facebook.com/WhittingtonHealth)

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