

Gynaecology/Day Surgery Unit

Patient information after termination

What to expect after the procedure

It is common to expect slight bleeding, and period type cramping pains for up to 10 days following termination. Bleeding will get less each day. If the bleeding becomes very heavy and persists for a longer period, you should seek help from your GP or from the Gynaecology ward at the hospital. Some people have very little discomfort and get little bleeding or no bleeding at all, this is completely normal and should not worry you.

Pain relief

You will be prescribed painkillers to take home with you which should help ease any discomfort you feel. If the discomfort is worse than a bad period, please seek help from your GP or the Gynaecology Ward. Please also seek help if you have pain and feel unwell or have a fever in the week after your operation.

Emotional

You will need to have someone to support you through this time, whether it is a partner, family or friends. You may find that after a few days your feelings can be quite mixed up, this is partly the result of a stressful experience and partly due to hormonal changes. If you find that you continue to feel distressed you should look for help from your GP or Family Planning Clinic.

Contraception

Following a termination of pregnancy many women are worried that their method of contraception has let them down, and that it may do so again. Other women decide that this is an appropriate time to change their method of contraception. You can pursue this further with your GP or alternatively the Family Planning Clinic at The Laurels, Newmarket Road, Cambridge, CB5 8DT Either your GP or the Family Planning Clinic will be able to assist you in your decision. The telephone number for the clinic is 08456505152.

Swabs

Swabs are taken from the entrance to the womb when you are seen in the TR clinic to check for infection. Usually the results will have been available before your operation; you will be given antibiotics if necessary. If you were found to have the infection Chlamydia you will also have been advised that you will need to get your sexual partner investigated and, if necessary, treated. You will be given information about the Genito-Urinary Medicine Clinic at Addenbrooke's Hospital, Clinic 1A. If you do not get your partner tested and treated they may re-infect you.

There are occasions that your swab result is not back in time for your operation. In this case you will be given your antibiotics to cover you for your operation. If we get your results later and we find that you have Chlamydia we will write to you or your GP about getting treatment for your sexual partner. This letter will be sent to you from the hospital.

Further information

If you are worried about your condition, contact one of the following:

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| 1. Addenbrooke's Day Surgery Unit | 01223 256330 |
| 2. Gynaecology Ward L4 (out of hours and weekend) | 01223 348500 |
| 3. Your Consultant's registrar | 01223 245151 |
| 4. Daphne Ward | 01223 217636 |
| 5. Your General Practitioner (GP) | |



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk

Polish

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem Informacji Pacjenta (Patient Information) pod numerem telefonu: 01223 216032 lub pod adresem patient.information@addenbrookes.nhs.uk

Portuguese

Se precisar desta informação noutra língua, em impressão de letras grandes ou formato áudio, por favor peça ao departamento que contacte a secção de Informação aos Doentes (Patient Information) pelo telefone 01223 216032 ou através do e-mail patient.information@addenbrookes.nhs.uk

Arabic

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يمكنك أن تطلب من القسم الاتصال بمعلومات المريض على الرقم: 01223216032 أو عبر البريد الإلكتروني: patient.information@addenbrookes.nhs.uk

Cantonese

如您需以另一語言版本、特大字體或錄音形式索取本資料，請要求部門聯絡病人諮詢服務：電話 01223 216032，電郵地址 patient.information@addenbrookes.nhs.uk

Turkish

Eğer bu bilgileri başka bir dilde veya büyük baskılı veya sesli olarak isterseniz, lütfen bulunduğunuz bölümdeki görevlilere söyleyin Hasta Bilgilendirme servisini arasinlar: 01223 216032 veya patient.information@addenbrookes.nhs.uk

Urdu

اگر آپ کو یہ معلومات کسی دیگر زبان میں، بڑے الفاظ میں یا آڈیو طریقہ سے درکار ہوں تو برائے مہربانی اس شعبہ سے پیشینٹ انفارمیشن سے ذریعہ رابطہ کرنے کی درخواست کریں: 01223 216032 یا patient.information@addenbrookes.nhs.uk

Bengali

আপনি যদি এই তথ্য অন্য কোন ভাষায়, বড় অক্ষরে বা অডিও রেকর্ডিং পেতে চান তাহলে 'প্যাশেন্ট ইনফরমেশন' এর সঙ্গে 01223 216032 নম্বরে ফোন করে বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করে যোগাযোগ করার জন্য ডিপার্টমেন্টটিতে অনুরোধ জানান।

Document history

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