



Canberra

Gosford

Newcastle

Sydney

Wollongong

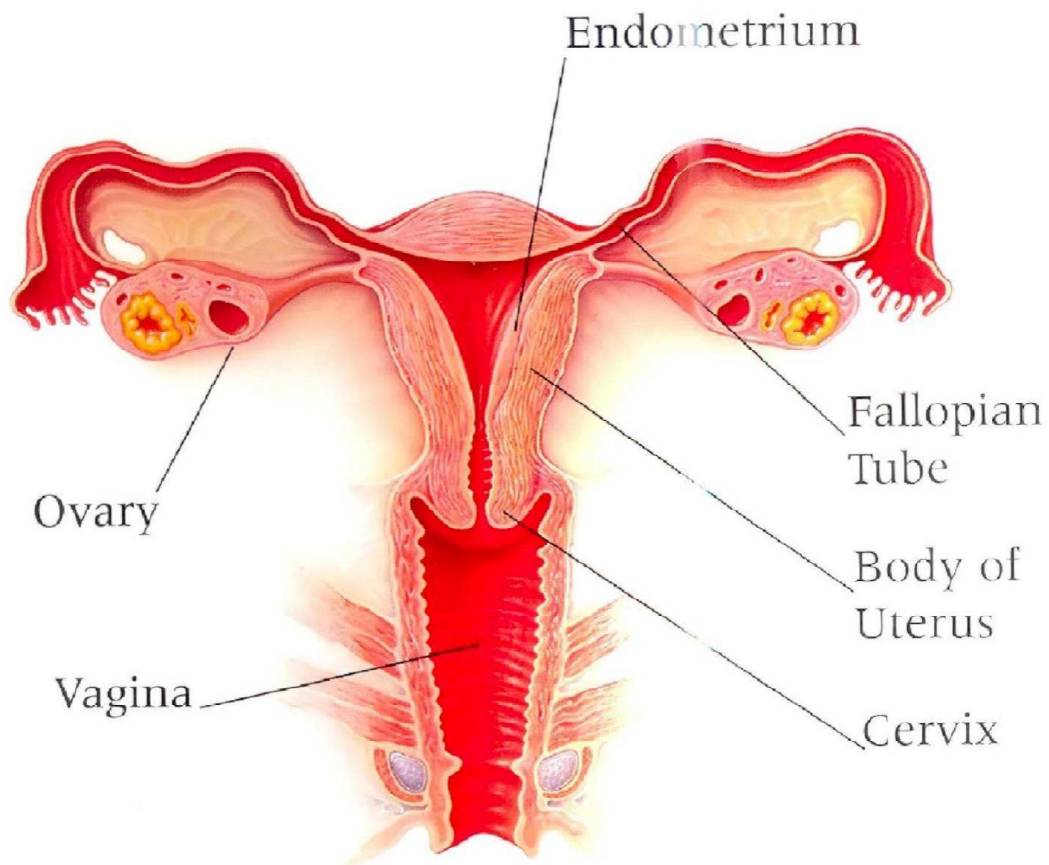
Notes to read before
consultation

The doctor doing the procedure for you will see you after reading this information. The consultation is conducted with only you and the doctor. She/He will take a medical history and conduct an ultrasound to determine where the pregnancy is and to make sure it corresponds with your dates.

EXPLANATION OF THE PROCEDURE:

This procedure is very simple, quick and safe and only takes about 5-10 minutes. An anaesthetic is given to you by our anaesthetist. She/He puts a very small needle into a vein and then gives you drugs that make you feel very sleepy and drowsy to the point that you don't know what is happening. You don't feel any pain and you don't remember anything about it. You are asleep yet still breathing on your own. You are not paralysed (as you would be with a general anaesthetic), therefore it is much safer. The anaesthetic is also very effective and is the most common type of anaesthesia used for this procedure.

After you have had the sedation, the doctor starts the procedure by doing an internal (vaginal) examination to see which way the uterus is positioned, and then puts a speculum into the vagina (the same instrument is used when you have a pap smear). She/He then gives you some local anaesthetic into either side of the cervix (which is the neck of the womb). You won't be aware of this because you are under the effects of the sedation. The reason for local anaesthetic is to numb the tight muscular area in the cervix so it may be stretched open a tiny bit. This will go back to normal afterwards. Then a thin plastic tube may be inserted into the uterus and gentle suction is used to remove the pregnancy tissue and then the procedure is finished.



After the procedure we keep you for a minimum of 1 hour. After theatre, you are transferred into your own private recovery bay. You may have one person accompany you in recovery if you like. Some people may get a bit of cramping after the procedure, like a period, and that's because the uterus is contracting after it has been emptied. Simple pain relief medication is usually all that is required.

When you go home, take it easy for the rest of the day – don't operate any machinery and don't drive a car for the rest of the day. You may go back to normal activities the following day after the procedure.

When you are in recovery, we give you one antibiotic tablet to take at home (after food), which acts as a preventative for infection. Getting an infection is uncommon but when you go home we will give you a pink information sheet explaining what to expect after the procedure. If you have any concerns, call us. We are available 24 hours per day. Just ring the surgery number, located at the bottom of the pink sheet, which is diverted to our mobile phones after hours. Always call us first. Emergency contact is part of our service.

The doctor also does a swab test of the vagina at the beginning of the procedure, which identifies people who may have an undiagnosed infection. If there is any abnormality, we will call you and organise your treatment. If the test is negative, you won't be contacted. We recommend a check up with your doctor in 10-14 days to make sure everything is back to normal. In the meantime, if you have problems or questions, please call us first. Remember you may call us at any time!

Just take a few minutes now and read through the "Complications of Termination of Pregnancy" sheet. It lists the possible complications of the procedure. It is not here to alarm you; it is more to reassure you! The possible complications are not often major problems but sometimes they may happen and we need to let you know.

After reading all the information in this booklet, you will have a consultation with the doctor and an opportunity to discuss your situation and ask questions.

Thank you