

Early pregnancy bleeding

Emergency Department

Information for Patients

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Introduction

You have come to our Emergency Department today because you are pregnant or have recently been pregnant, and show symptoms of a condition known as a 'threatened miscarriage'. This leaflet contains answers to questions you might have right now.

What is a threatened miscarriage?

This is the medical term used when a woman has vaginal bleeding during early pregnancy and means that the woman might be having a miscarriage.

However many women have bleeding at some stage during their pregnancy yet do not miscarry. There is a 75% chance that you will go on to have a normal pregnancy and a healthy baby. The bleeding itself does not harm your baby and should soon become lighter.

Our assessment has shown that you are well enough to go home and we have arranged for you to be checked again in our Early Pregnancy Assessment Unit (EPAU).

What to expect at the Early Pregnancy Assessment Unit (EPAU)

At the EPAU, you will first be asked some questions about your pregnancy and about any previous illnesses you might have had.

Next, you will usually be taken for an ultrasound scan (sometimes, a scan might not be necessary).

After that, you will see a nurse specialist who will explain to you what the cause of your symptoms is and whether any treatment or further tests might be needed.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What to do during the next few days

If your symptoms get worse call Gynaecology Assessment Unit (GAU) on **0116 258 6259** (open 24 hours) if:

- the bleeding becomes heavier.
- you pass clots of blood or tissue.
- you have stomach cramps / pain that is not eased with painkillers.

If you feel very unwell or faint, dial **999** for an ambulance.

You can call GAU also if you are worried for any other reason before your appointment is due. GAU can be found on Ward 8, Level 3 Balmoral Building, Leicester Royal Infirmary.

General advice

Women often feel that they ought to take bed rest whilst bleeding, but there is no scientific evidence to suggest that this actually helps to prevent a miscarriage. Take as much or as little rest as you feel happy with, and you can continue to work if you wish.

Until the bleeding stops, it is best to use sanitary towels rather than tampons. Avoiding sexual intercourse is sensible, although it is unlikely to have caused the bleeding. It is safe to resume sex once the bleeding has stopped. You may bath or shower as usual.

Further advice and support

Your GP is a useful place to start. Experienced support is offered by the Miscarriage Association: 17 Wentworth Terrace, Wakefield, West Yorkshire WF1 3QW

www.miscarriageassociation.org.uk Tel: **01924 200 799** (Monday to Friday, 9am to 4pm)

Your EPAU appointment

Date: _____ **Time:** _____

Location: EPAU, Ward 8, Level 3 Balmoral Building, Leicester Royal Infirmary

Tel: **0116 258 5241** - Monday to Friday: 8am to 5pm; Saturday and Sunday: 8am to 10:30am

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અસ્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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