

# Emergency gynaecological problems

## Follow-up arrangements and advice

You have received this leaflet because you attended our emergency department (A&E) with a suspected gynaecological problem.

During your time in A&E, one of the doctors or specialist nurses will have assessed you to make sure you are safe to leave hospital **at this time**. However, if your symptoms worsen, please do not hesitate to return to the A&E department before your scheduled review in the early pregnancy and acute gynaecology unit.

## Attending the early pregnancy and acute gynaecology unit

We would like you to attend the early pregnancy and acute gynaecology unit at the following time:

Date	Time

## What will happen during your appointment?

When you arrive in the unit, you will be assessed by one of our gynaecology specialist nurses. They will assess your case and decide whether you need a pelvic ultrasound scan and/or a review by one of the gynaecologists.

If you need a pelvic ultrasound scan, we will aim to perform that examination when you are in the department. However, as we are an emergency unit, the number of patients we need to see urgently can be unpredictable; sometimes we may ask you to return at a later time for the scan.

If your scan shows no obvious acute gynaecological cause for your symptoms, we will advise you to return to your GP for ongoing management.

If you don't require a scan or your scan shows a possible acute gynaecological problem, you will be reviewed by one of our doctors. While we aim to see you as quickly as possible, due to the nature of the department you will need to wait to be reviewed by a doctor.

## Pelvic ultrasound examinations

Most ultrasound scans performed in our unit are done via the 'transvaginal' route. This means that the tip of a small ultrasound probe is inserted into the vagina. It should not be painful; however, some women may experience some slight discomfort. We will ask you to pass urine to empty your bladder prior to the scan. It can be performed even if you are bleeding.

If you have never been sexually active or really do not want a transvaginal scan, we can perform a transabdominal scan. For this you need to have a full bladder. Unfortunately, in some

cases, we are unable to gain as much clinical information from this type of scan compared to the transvaginal scan.

## **What should I bring to my appointment?**

If you have already had any treatment or a previous scan relating to your condition, please bring any reports you have with you.

You are welcome to bring a relative or friend to accompany you. We advise that if possible, you do not bring children or babies with you to the unit.

## **When to return to hospital before your appointment**

If you experience any of the following, we advise you to attend A&E immediately or if necessary, call an ambulance:

- worsening severe abdominal pain
- shoulder pain
- dizziness, fainting or collapse
- heavy vaginal bleeding, soaking through a pad more than once an hour.

## **Contacts**

### **Royal Free Hospital, early pregnancy and acute gynaecology unit, 5th floor**

Direct line: 020 7472 6374

Monday to Friday: 7.30am to 8pm

Saturday: 9am to 5pm    Sunday: Closed

### **Barnet Hospital, early pregnancy and acute gynaecology unit, level 2**

Direct line: 020 8216 4777

Monday to Friday: 8am to 6pm

Saturday: Closed    Sunday: 9am to 5pm

## More information

For more information about the emergency gynaecology service at the Royal Free London, please visit our website:

[www.royalfree.nhs.uk/services/services-a-z/gynaecology/emergency-gynaecology](http://www.royalfree.nhs.uk/services/services-a-z/gynaecology/emergency-gynaecology)

## Your feedback

If you have any feedback on this leaflet or for a list of references for it, please email: [rf.communications@nhs.net](mailto:rf.communications@nhs.net)

## Alternative formats

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please speak to a member of staff.

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