

# Pain and bleeding in early pregnancy

Follow-up arrangements  
and advice

You have received this leaflet because you attended our emergency department (A&E) with a problem in early pregnancy such as abdominal pain and/or vaginal bleeding.

These problems are common in the first few weeks of pregnancy and in many cases the pregnancy will continue normally. However, it is very important that you are also assessed by our early pregnancy unit, so that we can exclude complications such as a miscarriage or an ectopic pregnancy (a pregnancy growing outside of the womb).

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, your condition can change quickly in early pregnancy, so please read through this leaflet to familiarise yourself with signs to look out for and when we would want you to return to hospital sooner.

### **Attending the early pregnancy unit**

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

Date	Time

You will be seen by a member of our team of professionals that specialise in the assessment of complications in early pregnancy. This assessment **may** include an ultrasound scan (usually performed by inserting a small probe into the vagina), blood tests or a physical assessment.

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

If you have already had a scan in this pregnancy, please bring the scan report 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.

### **What should I do if I have more bleeding before my early pregnancy unit appointment?**

If the bleeding is manageable, we would advise you to stay at home where you will be most comfortable until the time of your appointment.

If you pass what you believe to be pregnancy remains, you can dispose of them yourself or you can bring them to your appointment, for us to examine. There is no right or wrong way – please do what feels right for you.

### **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:

- severe or constant abdominal pain that may be confined to one side
- shoulder pain
- dizziness, fainting or collapse
- bleeding very heavily from the vagina.

### **Contacts**

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

Direct line: 020 7472 6374

Monday to Friday: 07.30am to 8pm

Saturday: 9am to 5pm

Sunday: Closed

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

Direct line: 020 8216 4777

Monday to Friday: 8am to 5pm

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:

<https://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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