



Emergency Department Advice Sheet – Early Pregnancy Problems

Early Pregnancy Problems

You have presented to the Emergency department due to some concerning symptoms associated with your pregnancy.

Pain in early pregnancy: -

Cramping lower abdominal pain (like period pain) can be very common as your uterus enlarges quickly in the early stages of pregnancy even though the baby is tiny. This can be relieved with simple painkillers like paracetamol which is safe at all stages of pregnancy.

Occasionally the doctor may be concerned that your pregnancy is located outside your uterus (ectopic pregnancy), if this is the case you may require inpatient admission.

Bleeding in early pregnancy: -

Some bleeding in early pregnancy is very common, occurring in 1 in 3 women. In most women we do not know why this occurs, the pregnancy however continues unaffected.

Heavier bleeding can occur associated with a miscarriage and will require further investigation.

Things to help

- DO take simple painkillers (paracetamol)
- DO avoid sexual intercourse whilst actively bleeding (although this does not cause miscarriage)
- DO return to normal activity and work when you feel able, however avoid heavy lifting
- DO continue folic acid unless told otherwise by a doctor
- DO use sanitary towels rather than tampons whilst bleeding

When to return to the Emergency Department

- Your pain is not relieved by simple analgesia
- You are using more than 1 sanitary towel per hour
- You experience collapsing or fainting episodes

Once you have been assessed the Emergency Department clinician may decide you need an appointment on EPAU (Early Pregnancy Assessment Unit) at Calderdale within the next few days, the details of this appointment are below. At this appointment you will be further assessed and probably have an Ultrasound scan to assess the pregnancy further.

Appointment for EPAU

Date.....

Day.....

Time.....

Location – EPAU, Calderdale Royal Hospital, Halifax 01422 224979

Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment?

This can be completed online at <http://surveys.this.nhs.uk> using tag name **chftae** or by completing the form available within the department.

If you have any comments about this leaflet or the service you have received you can contact :

Manager

Emergency Department

Huddersfield Royal Infirmary

Telephone No: 01484 342396

www.cht.nhs.uk

or

Calderdale Royal Hospital

Telephone No: Halifax: 01422 222325

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔