

PRO FORMA DISCHARGE ADVICE FOR PATIENTS – DETAILS TO BE COMPLETED AS INDICATED BELOW

Discharge advice for patients attending with an early pregnancy problem requiring early pregnancy assessment

Why you are receiving this leaflet: You have attended the emergency department/A&E/out of hours centre/urgent care centre/doctors surgery today, with a problem in early pregnancy (such as vaginal bleeding or abdominal pain).

Bleeding during early pregnancy does not necessarily mean there is a worrying problem as it can be common to have some light vaginal bleeding in the first 12 weeks of pregnancy. Most women/pregnant people go on to have a healthy pregnancy, but some are subsequently diagnosed as having a miscarriage or an ectopic pregnancy (a pregnancy outside of the womb, usually in a Fallopian tube).

What happens next: You will need to visit the early pregnancy unit/early pregnancy assessment unit (EPU/EPAU) for further tests. This will usually involve having an ultrasound scan to take a close look at your reproductive organs. The scan is usually performed by placing a probe into your vagina.

Here are the details for your EPU/EPAU appointment: **Day** **Month** **Time**

The EPU/EPAU is located: **[insert information]** **[Insert map if possible]**

It is very important that you attend your scan.

What should I look out for?

If:



your abdominal (tummy) pain gets worse (such as needing more than paracetamol)



you feel faint or have any fainting episodes



your vaginal bleeding increases or gets heavier (such as soaking more than a pad an hour)



you have pain or pressure when going to the toilet



you develop shoulder tip pain – this is very specific, unusual type of pain on the tip of shoulder (not in the neck or back),

there is a possibility you may have an ectopic pregnancy.



This needs to be treated as a medical emergency. Visit the emergency department or call for an ambulance.

Local EPU/EPAU details **[insert contact information]**

For support, visit The Ectopic Pregnancy Trust website: www.ectopic.org.uk The Ectopic Pregnancy Trust is unable to provide medical advice and you must contact your healthcare team for any concerns.

The
Ectopic
Pregnancy
Trust



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Note for healthcare professionals: This pro forma is for general information only. It does not replace individual information, diagnosis, or advice given by an appropriately qualified healthcare professional. You must apply your clinical judgement in the provision of information generally to your patient, whether using this pro forma or otherwise.