

January 2009

## ***Vaginal Bleeding and Pain in Early Pregnancy***

### **What does vaginal bleeding and pain mean?**

Vaginal bleeding in the early stages of pregnancy is common and does not always mean there is a problem. However, bleeding can be a warning sign of a miscarriage. Once you have had a positive pregnancy test, there is a one in five (20%) risk of having a miscarriage in the first three months. If your pain or bleeding worsens while you are waiting to see a Doctor, please notify the triage nurse.

### **What if I need to go to the toilet while I am waiting?**

Please notify the triage nurse if you need to go to the toilet. You will need to use a pan so we can look at any blood loss and collect a urine sample to rule out other problems.

### **What tests can I expect?**

You will be given information about any tests required. If you don't understand the information, your doctor will answer any questions you may have.

#### *Consultation and examination*

You will be asked about your symptoms, the date of your last period and your medical history. A vaginal speculum examination may be carried out to see where the bleeding is coming from. A vaginal examination will not cause you to miscarry.

#### *Tests*

A urine sample to confirm a positive pregnancy test may be required. Blood test(s) to check your blood group and/or pregnancy hormone levels may be required. Some of these test results may not be available today and may need to be repeated over the next few days.

#### *Ultrasound scan*

An ultrasound scan may not be necessary today – the doctor will advise you if you need to undergo this test. Ultrasounds are safe and will not make you miscarry. A repeat scan may be necessary after 7 to 10 days if the pregnancy is very small or has not been seen. You may be referred back to your GP for test results, as these may not be available today.

### **What about emotional support?**

We understand this may be a very difficult time for you, and you may feel the need for additional emotional support, particularly in the days and weeks following your hospital visit. Please let the staff know so that they can ensure that your needs are met and advise you of the options available to you.

Hospital contact phone number:-.....

Social Worker.

Women's Health Nurse

Other.....

**If your pain or bleeding worsens while you are waiting please notify the triage nurse**