



Canberra

Gosford

Newcastle

Sydney

Wollongong

Notes to read prior to consultation

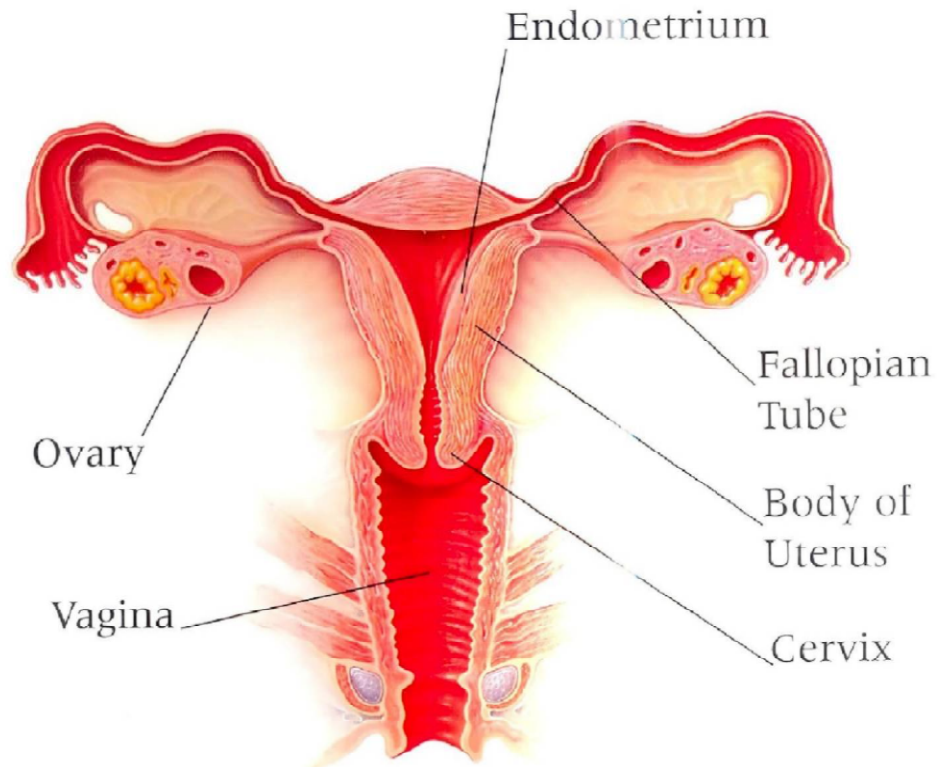
The doctor doing the procedure will see you after reading this information. The consultation is conducted with only you and the doctor. She/he will take a medical history and conduct an ultrasound to determine where the pregnancy is and to make sure it corresponds with your dates. Most ultrasounds can be done with a probe placed on the abdomen. However, an internal (vaginal) ultrasound scan (and possibly a vaginal examination) may need to be performed to confirm the presence of the pregnancy and to estimate the gestational age of the pregnancy, if the abdominal ultrasound isn't clear enough. The scans are limited to this purpose. A detailed analysis of uterine and ovarian abnormalities is beyond the scope of services performed at GCA. Referral to a specialist diagnostic imaging facility may be recommended in some cases. Ultrasound probes have been through a high-level disinfection process prior to each use and the doctor wears single-use disposable examination gloves while performing vaginal ultrasound scans.

EXPLANATION OF THE PROCEDURE:

This procedure is very simple, quick and safe and only takes about 10 minutes. An anaesthetic is given to you by the sedationist. She/he puts a very small needle into a vein and then gives you medications that make you very sleepy. This type of anaesthesia allows for a pain-free procedure and you tend to not remember anything about it, in most instances. You are asleep but still breathing on your own making it a safe type of anaesthesia. You are not paralysed (as you would be with a general anaesthetic), therefore it is much safer. The sedation is very effective and is the most common type of anaesthesia used for this procedure.

After you have had the sedation and you have drifted off to sleep, the doctor starts the procedure by doing an internal (vaginal) examination to ascertain which way the uterus is positioned, and then puts a speculum into the vagina (the same instrument is used when you have a pap smear or cervical screening test). She/he then gives you some local anaesthetic into either side of the cervix (which is the neck/opening of the womb). You won't be aware of this because you are under the effects of the sedation. The reason for local anaesthetic is to numb the tight muscular area in the cervix. Different sized rods are used to gently open the cervix, the size of which is dependent on the size of the pregnancy. The cervix will go back to normal afterwards. Then a disposable thin plastic tube may be inserted into

the uterus and gentle suction is used to remove the pregnancy tissue and then the procedure is finished.



You may require extra medications during or after the procedure, eg. Anti-D injection into your thigh muscle (if your blood type is Rhesus negative), anti-nausea medication, antibiotics, pain relief, medication to help the uterus muscle contract, etc.

After the procedure, you are transferred into your own private recovery bay. You will stay in recovery for approximately 1 hour in most instances. Some people may get a bit of cramping after the procedure, like a period, and that's because the uterus is contracting after it has been emptied. Simple pain relief medication is usually all that is required. You will have a sanitary pad in place in your underpants as most people bleed after the procedure too.

When you go home, take it easy for the rest of the day – don't operate any machinery and don't drive a car for the rest of the day. Tomorrow you may resume normal activities.

When you are in recovery, we give you one antibiotic tablet to take at home (after food), which acts as a preventative for infection. Getting an infection is uncommon. When you go home we will give you a pink information sheet explaining what to expect after the procedure. If you have any concerns, call us. We are available 24 hours per day. Just ring the surgery number, located at the bottom of the pink sheet, which is diverted to our mobile phones after hours. Always call us first - We perform this procedure very often so we know what to expect afterwards.

The doctor also does a swab test of the vagina at the beginning of the procedure, which identifies people who may have an undiagnosed infection. If there is any abnormality, we will call you and organise your treatment. If the test is negative, you won't be contacted. We recommend a "general wellbeing" check up with your doctor in 10-14 days. In the meantime, if you have problems or questions, please call us first. Remember you may call us at any time.

Just take a few minutes now and read through the "Complications of Termination of Pregnancy" sheet. It lists the possible complications of the procedure. It is not here to alarm you; it is more to reassure you. The possible complications are not often major problems but sometimes they may happen and we need to let you know. Following that is the pink sheet explaining what to expect after the procedure. Please read this as well.

After reading all the information in this booklet, you will have a consultation with the doctor and an opportunity to discuss your situation and ask questions.

Thank you