

## Surgical Management of Miscarriage Under Local Anaesthetic (Manual Vacuum Aspiration MVA)

### Improving options in miscarriage

We are sorry that you have had a miscarriage. To help you get through this difficult time, you should have already received information on different treatment options. This leaflet gives you information about a surgical option called Manual Vacuum Aspiration (MVA), which can be done using local anaesthesia.

### What does it involve?

You will be admitted to the unit on the day of your procedure. You will meet the doctor performing the operation. They will answer any questions you have. You will be given some tablets (Prostaglandin) which can be taken orally or inserted into your vagina, 2-3 hours before the operation. This is to soften the neck of your womb. However, these tablets can sometimes cause cramping pain and bleeding, and rarely cause a complete miscarriage on their own. If you do have any pain, you can take painkillers.

You will also be given painkillers to be taken one hour before the procedure. **You will be given a pain killer such as Paracetamol or Cocodamol and a Diclofenac suppository .**

Immediately before your procedure you will be asked to empty your bladder.

**Please note:** you may eat and drink as normal while waiting for the procedure to take place.

The actual procedure itself should take only a few minutes although you will be on the couch for longer. During this time you will experience moderate pain which should settle after the procedure. However, we do want you to be as comfortable as possible during the procedure. Nitrous Oxide (known as gas and air) is also available for pain relief and clinical staff will help you to use this if this is what you choose.

Following the procedure you will be given some antibiotics. On discharge you will be given some more to take home to have that evening.

### What are the alternatives?

There are several alternatives to managing your miscarriage and these should already have been discussed with you by nursing staff or doctor.

### What are the potential risks and side effects?

Although MVA has been proven to be very safe, like any treatment there are some risks:

- There is a small risk that we may not remove all the tissue, therefore the procedure would have to be repeated again.
- There is a small risk of bleeding, and even smaller risk of severe bleeding, which may result in needing a blood transfusion.
- There is a minimal risk of infection - which can be treated with antibiotics.
- There is a very rare risk of perforating the womb 1:1000 (a hole in the uterus).
- You may also feel faint after, or near the end of the procedure. This reaction is normal, and usually disappears soon after.

## What are the expected benefits of treatment?

Research has found MVA to be 98-99% effective and associated with less blood loss and pain. It takes a shorter time to complete than other surgical methods and there are no general anaesthetic risks as you are awake during the procedure

## Will I have an anaesthetic?

The MVA will be performed in a clinical environment where a doctor will use a speculum (similar to that used in a smear test) to look at the neck of the womb. Local anaesthetic will be injected into the neck of the womb to numb this area, and then, using a tube and syringe the tissue remaining from the miscarriage will be removed.

## How will I feel afterwards?

You may also feel faint after, or near the end of the procedure. This reaction is normal, and usually disappears soon after. Painkillers will be offered at the end of the procedure to be administered orally.

## How long will I be in hospital?

We like you to stay for up to 1 hour to make sure there are no problems. We would like someone to accompany you home as you should not drive yourself.

## What if I cannot decide?

Please feel free to take as much time as you feel necessary. Please do not feel like you have to choose this option, or be rushed into a decision.

Please feel free to contact us if you have any questions at Early Pregnancy Assessment Unit – Tel: (01323) 417400 Ext: 4158.

## Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

## Sources of information

Further resources you may find useful - [www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

## Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: (01323) 417400 Ext: 5860 or by email at: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

## Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

**Tel: 01424 755255 Ext: 2620**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

---

---

---

---

---

---

## Reference

The following clinicians have been consulted and agreed this patient information:

Miss Mini Nair

Mrs Sharon Smith-Taylor

Next review date: December 2021

Responsible clinician/author: Miss Mini Nair, Consultant, / Ian Woodward, Clinical Service Manager

© East Sussex Healthcare NHS Trust – [www.esht.nhs.uk](http://www.esht.nhs.uk)