

Feelings and emotions

Having pain or bleeding in early pregnancy can cause many mixed emotions. We understand waiting in the Emergency Department can increase these emotions and we will endeavour to:

- Streamline your care
- Keep you updated with your progress
- Provide you with any further information you need about the process in the Emergency Department and your care
- Provide extra support if required e.g. referral to social worker

Where To Get Help

Support and Information:

Early Pregnancy Assessment Service (EPAS)

Level 5 Women's & Babies RPA
Monday to Friday arrive 0730 only
No appointment necessary.

- Royal Prince Alfred Hospital Social Work Department, Call (switch) **9515 6111** and ask them to page the antenatal social worker (Women and Babies).

Internet & Phone:

www.miscarriageassociation.org.uk

www.earlypregnancy.org.uk

www.ectopic.org.uk

- healthdirect Australia **1800 022 222**
This is a free 24 hour government health information and advice line
- Pregnancy, birth & baby helpline **1800 882 436**. This is a free 24 hour confidential information, support and counseling service
- SIDS and Kids NSW **1800 651 186**
www.sidandkids.org
This service provides bereavement support for families that includes miscarriage

Emergency Department
Missenden Road
Camperdown NSW 2050

Phone: **(02) 9515 8912**

2013



AVS 72441

Bleeding and pain in early pregnancy

Information pamphlet



PATIENT INFORMATION

Pain and or bleeding in pregnancy doesn't always mean you are having a miscarriage. **Many women experience bleeding in early pregnancy and go on to have a normal full-term baby.**

Bleeding

Bleeding in pregnancy can be light or heavy, dark or bright red. You may have more of a discharge than bleeding. You may have spotting which you notice when you wipe yourself or on your underwear. Spotting or bleeding may be continuous or it might be on and off, perhaps over days or even weeks. It can be very hard to know what is happening.

Pain

Some women feel discomfort as ligaments stretch with a growing baby. Abdominal pain may also be due to stomach upset or constipation. It is important if you have severe abdominal (tummy) pain, especially on one side, or pain in the front of your shoulder that you seek prompt medical advice.

If at any time your bleeding or pain changes please speak to one of the Emergency Department nursing or medical staff immediately.

Am I miscarrying?

Bleeding or spotting in pregnancy (especially the first 12 weeks) doesn't necessarily mean that you are going to miscarry or are having a miscarriage.

Studies show that about 50% of women that experience bleeding in pregnancy may go on to have a healthy pregnancy.

You might be at more risk of miscarrying if you have heavy, bright red bleeding and are passing clots. Again, each pregnancy is different and some women with these symptoms still go on to have a healthy pregnancy.

What will happen now?

You will be seen by a Doctor or Clinical Midwife Consultant in Early Pregnancy, who will take a history, listen to your concerns, assess you physically, review blood results and organise ultrasound imaging if indicated.

We may consider doing some further tests that we will discuss with you. It is helpful to have previous ultrasound reports, if you have them.

As part of your assessment, your doctor or midwife will make a decision on the best timing of an ultrasound scan. In most cases an ultrasound will be arranged the next working day at our Early Pregnancy Assessment Service (EPAS) in RPAH Women's and Babies department. Alternatively your private Obstetrician may arrange an ultrasound privately. If your bleeding is heavy or there are other concerns you might be advised to remain in hospital until an ultrasound is performed

How can I know what is happening?

We will inform you of all our findings, your results and diagnosis. Providing you with emotional support, answering your questions and advising you of where you can get more information is an important part of your care.