

## PATIENT INFORMATION LEAFLET

### **Pregnancy Advisory Service (PAS) Manual Vacuum Aspiration (MVA) Evacuation of Retained Products of Conception (Local Anaesthetic)**

Gynaecology Outpatients Department, Upper Ground floor, Women's  
Unit, University Hospital of Wales, CF14 4XW

**Phone 02921843342**

**Date of Treatment:** \_\_\_\_\_ **Time:** \_\_\_\_\_

*Plan to be in the clinic for approx. 2 hours*

### **Contact details for Cardiff & Vale Pregnancy Advisory Service (PAS):**

**Telephone:** Nurse Practitioner's office 02920335164 (CRI)

Please leave a message and you will be called back. Messages are usually  
picked up every Monday, Tuesday and Friday.

**E-mail:** [Pas.Uhw@wales.nhs.uk](mailto:Pas.Uhw@wales.nhs.uk)

### **Out of hours or if it is a very urgent matter:**

Please call the Gynaecology Ward C1 on 029 21843857 (24/7)

A Nurse or Doctor will reply to you directly.

## **What is a Manual Vacuum Aspiration (Evacuation of uterus - MVA)?**

Manual vacuum aspiration uses gentle suction to remove remaining blood clot and / or pregnancy tissue from the womb and takes 15 – 20 minutes. Afterwards you will rest for 10 – 25 min before going home. MVA treatment does not involve a general anaesthetic and you will be awake.

## **What are the risks of MVA?**

The following complications may occur but are rarely dangerous:

- Heavy bleeding (haemorrhage) during or after treatment requiring overnight stay or rarely blood transfusion (less than 1 in 1000 risk)
- A risk of infection of the womb
- A risk of minor damage to the cervix (less than 1 in 100).
- A risk of perforating (making a hole in) the womb which may require further surgery (approx 1 in 6000)
- A small risk of tissue remaining in the womb (approx 1 in 1500 risk).

## **Preparing for MVA Treatment**

A very effective painkiller (Diclofenac) can be administered per rectum on the morning of your treatment. This will be provided in advance. Alternatively, you may prefer to take your own Ibuprofen or Paracetamol before you arrive in the clinic. It is a good idea to have some breakfast on the day of your treatment.

Visitors may wait in the waiting room or Concourse area but cannot usually come into the treatment room. Please bring sanitary towels as you will have light bleeding from the vagina after the treatment.

## **Admission for MVA Treatment**

Please arrive on time for your appointment when you will meet the Nurse looking after you and the Doctor treating you. Both can help with answering questions you may have.

You may be offered additional medication such as antibiotics before your treatment. The treatment room where you will go next has a special couch to support your legs. The Doctor will examine your uterus (womb) and insert a speculum into the vagina. You may be given a numbing injection into the cervix and small rods may be used to open up the neck of the womb (cervix). A thin plastic tube will be inserted into the cervix. A hand-held suction device will be used to gently remove the remaining tissue.

You will feel lower abdominal cramps similar to strong period pains. Additional pain relief can be provided and a healthcare professional will be with you throughout this time for support.

Following your treatment you will rest in the recovery area for 10-25 minutes. You will be offered a drink and a light snack and will be discharged home once you feel well.

## **After your procedure**

- **BLEEDING:** It is normal to bleed for about 5-10 days. If bleeding continues for longer or becomes very heavy or smelly please contact the PAS team (see front of this flyer) or your GP.

- **ABDOMINAL PAIN:** You may experience lower abdominal cramps for a day or two. Pain relief, such as Paracetamol may be helpful but do not hesitate to get in touch with Ward C1 if you are concerned.
- **FEELING EMOTIONAL:** Some women may feel tearful after treatment. This is not uncommon and you may find it helpful to have a friend or partner around to support you. Please get in touch with us if you are feeling overwhelmed.

### **Serious complications**

These are rare. Unusual symptoms to watch out for include:

- Temperature of more than 37.5°C
- Feeling very unwell in yourself
- Severe pain
- Offensive vaginal discharge
- Continuous heavy bleeding

**Do not hesitate to get in touch if you are concerned.**

For problems within 24 hours following discharge from hospital please contact Ward C1, UHW on 02921843857.

## **Contraception**

Some women take the opportunity to discuss and initiate effective contraception. Your fertility will return within one week and thus using effective contraception straight after your treatment is important.

## **Sex**

You can have sex when you feel ready. However, in order to reduce the risk of infection it may be best to wait until your bleeding has stopped.

## **Work**

Most women are fit to return to work on the day following the treatment, and some return to work the same day.

## **Personal hygiene**

You can have a shower when home. Please use only sanitary towels rather than tampons until your next normal period.

## **Infections**

If you have tested positive for an infection such as Chlamydia or Gonorrhoea your partner will also need treatment before you have sex.

## **Follow Up**

Most women recover quickly and do not need to return to the hospital for follow-up. However, if you need to be seen we will arrange this on the day.

## Other Questions

Any tissue removed from the womb after pregnancy is disposed of respectfully by the hospital. However, if you have specific wishes about the disposal, please ask the nurse or the doctor who can explain other ways of disposal available.

## FURTHER INFORMATION:

Plenty of helpful information about sexual health, fertility and abortion can be found online. Please use those below for reliable information.

- <https://www.contraceptionchoices.org/>
- [Let's talk about sex! | Sexwise](#)
- [Welcome to Sexual Health Wales | Advice & Testing STIs Infections \(friskywales.org\)](#)
- [Home | Abortion Talk](#)
- <https://www.mariestopes.org.uk/>
- <https://www.bpas.org/>

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Written by Dr C Scherf March 2024