

# Manual Vacuum Aspiration for Surgical Termination of Pregnancy

## Women's Services Patient Information

You should have already received information on different treatment options for termination. This leaflet gives you information about a surgical option called Manual Vacuum Aspiration (MVA), which can be done using local anaesthesia.

This leaflet aims to answer your questions about having manual vacuum aspiration. It explains the benefits, risk and alternatives, as well as what you can expect when you come to hospital. If you have any questions or concerns, please do not hesitate to speak with your doctor or nurse.

### What is manual vacuum aspiration (MVA)?

MVA is a way of emptying the uterus (womb) using local anaesthetic while you are awake. MVA uses a narrow tube which enters and empties the womb using gentle suction. Anaesthetic is applied to the cervix (neck of the womb) to numb the pain. MVA is used for:

- Women having a termination of pregnancy
- Retained products of pregnancy where some pregnancy tissue is left behind after a termination of pregnancy or miscarriage.

### Is MVA a new procedure?

MVA has been performed for more than 30 years in the United Kingdom. It has been shown to be a safe procedure, with high success rates and good patient feedback.

It offers an additional choice to women with an unplanned pregnancy who wants surgical treatment without having a general anaesthetic (being put to sleep).

| <b>Why choose MVA over surgical management under general anaesthetic?</b>             |  |
|---|--|
| <b>Manual vacuum aspiration under local anaesthetic</b>                               | <b>Surgical management under general anaesthetic</b>   |
| Undertaken in a clinic setting  | Undertaken in an operating theatre setting   |
| Planned appointment - less risk of cancellation                                       | Planned admission to the ward however there is an increased risk of delays or cancellation while waiting for availability of theatre space |
| <b>The success rate of treatment is equal</b>   |  |
| Local anaesthetic used therefore no grogginess and minimal nausea after the procedure | General anaesthetic used therefore increased grogginess and nausea after the procedure   |
| Shorter stay in hospital.<br>Approximately 2 - 3 hours.                               | Longer stay in hospital.<br>Usually a minimum of 6 hours   |

## **What happens if I choose MVA?**

Your doctor or specialist nurse will explain the procedure and give you a date, time and place for your appointment. You may be asked to have some blood tests and to have some vaginal swabs to check for vaginal or pelvic infection.

You will also be consented for the procedure.

**If you change your mind or if you experience heavy vaginal bleeding before your procedure, please call the Lilac Clinic and discuss this with a nurse.**

## **What happens on the day of the procedure?**

When you attend the Lilac Clinic, you will see a nurse who will give you some medicine to take before the procedure which includes:

- Painkillers (paracetamol and/or ibuprofen)
- An anti-sickness tablet (usually a medication called cyclizine).
- Tablets to soften your cervix (neck of the womb) to make the procedure safer. This medication is called misoprostol.
- You may also require antibiotics.

## **Are there any side effects with Misoprostol?**

A small proportion of women will experience side effects with the misoprostol tablets. Possible side effects include: nausea, vomiting, diarrhoea, abdominal pain, headache, hot flushes and unpleasant taste in the mouth. If you have any questions or concerns, please do not hesitate to speak with your doctor or nurse.

## **What does MVA involve?**

You will have a speculum examination (similar to a smear test) which will allow the doctor to assess the cervix. A local anaesthetic gel will be inserted into the vagina before local anaesthetic is injected into the cervix. When you are comfortable, a small tube will be inserted through the cervix into the uterus which will then be emptied using a syringe. The procedure is over once the womb is empty.

## **How long will MVA take?**

The whole procedure takes about 15 minutes. You may feel slight discomfort during the procedure similar to period pain. If you feel pain please let the nurse and doctor looking after you know. They can then numb the cervix further with additional local anaesthetic. You may also be given gas and air to help reduce the pain.

You will be in hospital for a total of 2-3 hours. The medicine you will have been given before the procedure takes up to 60 minutes to work and after the procedure you may need to stay for up to an hour after to make sure you are feeling ok.

## What happens after the MVA?

- We will monitor you for up to an hour after the procedure. You can leave the hospital once you feel well enough to go home.
- We recommend someone escorts you home after the procedure.
- You can expect some vaginal bleeding after the MVA. This usually settles within 7 days. If the bleeding becomes heavier or you are concerned about the amount of bleeding you will need to contact The Lilac Clinic or go to your GP as this may indicate an infection.
- To reduce the risk of infection we recommend you use sanitary towels instead of tampons and do not have sexual intercourse until the bleeding has settled.
- You will be given antibiotics to take at home to reduce the risk of post procedure infection. You should follow the instructions on the box for how and when to take these.
- You may return to work after 48 hours, or when you feel able.
- **If your blood group is Rhesus negative you will need an injection of Anti-D. Please ask for further information on Anti-D, if required.**
- **You MUST repeat a pregnancy test 3 weeks after the procedure, when you will be contacted with a telephone follow up.**

## What are the possible complications of MVA?

MVA is safe but, like all procedures, there is a small risk of complications. These include:

- Heavy bleeding (haemorrhage)
- Infection (this risk is the same as all other treatment options for unplanned pregnancy)
- Need for a repeat operation if not all the pregnancy tissue is removed (3 in 100 women)
- Perforation (tear) in the womb that may need repaired under an anaesthetic (less than 1 in 1000 women)

## What are the options if I do not want MVA?

Other treatment options will be discussed with you by a nurse or doctor.

These include:

- Medical management (using medication to end the pregnancy).
- Surgical management under a general anaesthetic

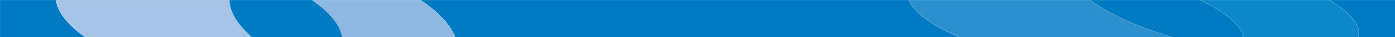
## Contact numbers:

If you have any concerns please telephone **The Women's Health Unit where the lilac team will be available on 01274 383341 8am -5pm Monday – Friday or GATU for urgent advice on 01274 384438 (24hr contact).**

## People with hearing and speech difficulties

You can contact us using the Relay UK app.

Textphone users will need to dial 18001 01274 383341



If you need this information in another format or language, please ask a member of staff to arrange this for you.

### **Smoking**

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.

### **Wristbands**

When you are in hospital it is essential to wear a wristband at all times to make sure you are safe during your stay. The wristband will show accurate details about you on it including all the information that staff need to identify you correctly and give you the right care.

If you do not have a wristband whilst in hospital, then please ask a member of staff for one. If it comes off or is uncomfortable, ask a member of staff to replace it.