

North Carolina Women's Hospital

Pregnancy Termination Using Saline

What will happen when I come to the clinic?

- Your doctor and your nurse will talk to you to help you understand what will happen during your visit.
- During an exam, you will have medicine placed in and around your cervix to help it open.
- You will need to wear a sanitary pad after the medicine is in place.
- You will go to the hospital lab to have some blood tests done.
- You and your doctor will discuss birth control choices and the options that are best for your own situation.
- You will be told when to return to the hospital for the rest of the procedure.

What would be helpful to have when I am in the hospital?

- Personal toiletries (such as toothbrush and lotions)
- Comfortable shoes or sneakers
- Comfortable clothes to wear home. You will be given a gown to wear while you are in the hospital.
- A list of all the medicines you take.
- Be sure you have arranged for someone to drive you home when you leave the hospital. You will not be allowed to drive yourself.

What will happen when I get to the hospital?

- You will go to the Admitting Office on the ground floor of the Women's Hospital
- The Admitting Office staff will help you find your room
- In your hospital room, your nurse will take your vital signs and explain what will be happening.
- It may be necessary to have blood drawn.
- You may drink only clear liquids and cannot eat during this time

What will happen during the procedure?

- To start the actual procedure, you will be taken to an exam room where your doctor will numb an area on your abdomen and then inject some fluid into the uterus. You will feel some pressure while this is being done.
- You will be taken back to your room and a medicine will be put into your IV to start labor contractions.
- You may feel cramping from the contractions. You can have pain medicines if you want them. If you have a headache or dizziness or vaginal bleeding, you should let your nurse know.
- After a while, you will feel pressure or a need to push. Sometimes patients think they need to have a bowel movement at this time. When you have this feeling call your nurse. Do not try to walk or go to the bathroom by yourself.
- When you are ready to deliver, a doctor or nurse will help you. You will

deliver in your hospital bed. Afterward the doctor will check you to be sure there is no tissue that was not passed.

What will happen after the delivery?

- Your nurse will check your blood pressure and pulse and the amount of bleeding as you rest.
- When you are ready, you may eat a regular meal.
- If you have Rh negative blood, you will receive an injection of Rh immunoglobulin called Rhogam.
- Your doctor will also give you antibiotic pills that you should take every day until all of the medicine is gone.
- Once you and your doctor feel you are ready, you will be able to go home.
- Before you go home, your doctor or nurse will review your choice of birth control and how to best use it.
- You will receive an appointment to be sure you have healed from the procedure.

What are the visiting policies for the hospital?

- Your family and/or friends may come with you to the hospital and one of them may spend the night with you.
- We recommend that small children only visit for short periods of time. An adult who is not a patient must accompany children under 12 years old.

What should I do at home?

- Wear a sanitary pad as long as you are bleeding.
- Continue taking your antibiotic until it is gone.
- Take your temperature twice a day for the first five days after your go home.
- Take the pain medicine that was prescribed for cramping. This is usually ibuprofen (Advil) 600mg every 6 hours.
- You can take showers or tub baths.
- Call the Hospital Operator at 919-966-4131 and ask for Ob-Gyn consult pager if you have any of these problems:
 - Bleeding that completely soaks a large sanitary pad in one hour.
 - A fever of 100.4 degrees F. or 38 degrees C.
 - Pain that does not get better with medication.
 - A foul-smelling drainage from your vagina.
- Keep your follow-up appointment in the Gynecology Clinic.
- Start your birth control as prescribed by your doctor.

What numbers do I call for help?

- 919-966-6823 (weekdays, 8:30am to 4:30pm) for the Gynecology Clinic.
- 919-966-4131 (evenings, weekends and holidays). Ask for the Ob-Gyn consult pager.

This is a difficult experience. Be gentle with yourself and give yourself time to heal both emotionally and physically. It is good to have someone you can talk to about how you are feeling.