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Sherwood Forest Hospitals
NHS Foundation Trust

Manual Vacuum Aspiration of Miscarriage (MVA)

Information for patients and their partners



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We are so sorry that you are going through a miscarriage and are here to support you at this sad time.

You will have been given leaflets about other managements; natural, medical or a surgical procedure (under a general anaesthetic) and have decided that this is the best management for you.

What is MVA?

This is a safe and effective procedure to remove pregnancy remains from the womb.

You are awake throughout the MVA.

It involves using a narrow flexible tube to enter and empty the womb, using aspiration (gentle suction). Local anaesthetic is used to numb the cervix so you have minimal discomfort.

This procedure is available if:

- Your miscarriage is incomplete (some of the pregnancy remains within the womb).
- You have had a delayed miscarriage (the pregnancy has stopped developing but has not passed naturally).
- You are nine weeks or under, although this may be possible under 12 weeks in some circumstances.
- You prefer a quick and more controlled way to manage your miscarriage, avoiding a hospital admission and general anaesthetic (being put to sleep).

What happens on the day?

You will be asked to come to the Early Pregnancy Unit (EPU) about 90 minutes before the procedure. This allows time for you to discuss the MVA and for us to:

- Undertake clinical investigations, such as taking blood to check your blood group and observations of your vital signs (blood pressure).
- Give you pain relief in preparation for the MVA; this will include anti sickness medication.
- Obtain written consent for the procedure. We will also need your consent for the arrangements for the baby remains, which are removed during the procedure.

Please ask us questions at any point and express any concerns or individual needs/ support you may need.

An hour before the procedure you will be given tablet called Misoprostol.

What is Misoprostol given for?

Misoprostol tablets are given vaginally to soften the cervix and make the procedure easier. Once this is inserted by the nurse, you will be advised to rest on a couch to avoid this dislodging. It is quite normal that after some time, the tablets appear to come out. The medicine in the tablet will have already been absorbed internally.

Occasionally, you may experience a few cramps as this works. Other side effects may include nausea and diarrhoea.

You can eat normally throughout.

The procedure

The nurse who will be with you throughout the MVA will take you through to the procedure room and assist you onto the couch. You can have a friend/family member sit with you.

The MVA is done with a screen separating you and the doctor who is performing this, to maintain dignity and ensure that this is carried out as sensitively as possible. However, they will talk to you throughout to check you are comfortable.

The doctor will insert a speculum into the vagina to view the cervix, and your cervix will then be numbed by local anaesthetic to reduce discomfort before it is then dilated (stretched) gradually. This will allow a thin suction tube to be inserted into the womb to remove any contents. Entonox (gas and air) will be available should you require it.

After the MVA

You will be asked to rest in our quiet room until you have passed urine and feel comfortable and well enough to go home. This is usually an hour or so after the procedure.

You will have some bleeding vaginally; if this is heavier than expected then you may be asked to stay a little longer for this to be assessed.

If you are a Rhesus negative blood group, you may be given an injection of anti-D immunoglobulin. If this is needed, we will provide you with further information.

We recommend that you have someone to take you home, take rest and have painkillers available.

After your discharge from hospital

You can expect some bleeding at home; this will usually settle within a week. If the bleeding is heavier than a period or you are concerned, please ring the EPU or Ward 14 for advice (contact details are at the end of this leaflet).

Take regular simple pain relief such as paracetamol, codeine or ibuprofen, as per instructions on the leaflet inside the packet of medication. If your pain is unmanageable or getting worse, please ring for advice.

We advise you refrain from using tampons or sexual intercourse until the bleeding has settled. You may feel the need for a couple of days rest after your procedure.

Physically you may recover quite quickly from this but emotionally it may take longer. Please ring us if we can help in any way or use the support group information provided.

We will ring you in a few days after the MVA to check on your wellbeing. You will also be asked to do a pregnancy test in approximately three weeks to ensure your miscarriage is complete, so we will do a further follow up call then. However, we will provide any extra support as needed.

Your next period may take up to six weeks to occur after the procedure.

If you are wanting to try for another pregnancy, we suggest you wait for one normal period but more importantly when you feel that you are ready emotionally.

Useful contact details and information

Early Pregnancy Unit

Telephone: 01623 622515, extension 4288

Early Pregnancy Bereavement Midwife

Telephone: 01623 622515, extension 3047

Ward 14

Telephone: 01623 622515, extension 2314

Snowdrops and Butterflies

This is our hospital support group for baby loss.

Online support and meetings:

[www.facebook.com/snowdrops and butterflies](https://www.facebook.com/snowdropsandbutterflies)

Telephone: 01623 622515, extension 3047 (Chaplaincy department)

The Miscarriage Association

Telephone: 01924 200799

www.miscarriageassociation.org.uk

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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