

# Bleeding in early pregnancy

## Gynaecology & Emergency Dept

Information for Patients

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You have come to hospital today because you are pregnant and have bleeding from the vagina with or without pain. This leaflet will explain what might be happening and what will happen next.

### What is a happening to me and my pregnancy?

Bleeding from the vagina and pain in early pregnancy are both very common. They do not always mean you are miscarrying. For 3 out of 4 women with bleeding, everything will settle down and the pregnancy will carry on as normal. The bleeding itself does not harm your baby and will usually become lighter.

Sometimes it may mean that you are having a miscarriage. In about 3 in 100 pregnancies the pregnancy might not be growing in the right place inside the womb.

### What happens next?

As long as you are not bleeding too much, you are not in much pain and are not feeling dizzy or unwell you will usually be allowed to go home. We may take a blood test before you go home.

The team in the Early Pregnancy Assessment Unit (EPAU) will call you back the next day and check how you are. They will usually arrange for you to come in for a check up and usually, an ultrasound scan of the womb to check on the baby.

### What to do before you are seen in EPAU

If the bleeding or pain get worse, or for advice call Gynaecology Assessment Unit (GAU) on **0116 258 6259** (open 24 hours) if:

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

- the bleeding becomes heavier or you pass big clots of blood or tissue.
- you have stomach cramps / pain that is not eased with simple painkillers

## What to expect at the Early Pregnancy Assessment Unit (EPAU)

The Early Pregnancy Assessment Unit (EPAU) is a specialist nurse led service. They will see you to find out what is happening with your pregnancy.

1. A receptionist will meet you when you arrive. If you are an overseas visitor or are not entitled to NHS care for free, you will need to bring documentation in, such as passport and a VISA.
2. You will be called in for a consultation with the nurse, before having your scan with the sonographer, if it is needed.
3. The nurse will ask you some questions about your pregnancy and about any earlier pregnancies or illnesses that you might have had.
4. We will usually take you for an ultrasound scan. Sometimes, a scan might not be needed. The person doing the scan (sonographer) may be male or female. There will be another member of staff there (chaperone). If the sonographer is female, the chaperone can be male or female. If the sonographer is male, the chaperone will be female.
5. If you are less than 8 weeks pregnant, you do not usually need a full bladder, but please be prepared to have an internal scan. We will insert a small probe into the vagina to see your womb clearly. This might feel uncomfortable, but is not usually painful.
6. After your scan, you will see a nurse specialist again. They will explain to you what is happening and if you may need any treatment or further tests. Sometimes, you may need blood tests too when the pregnancy is not seen clearly.
7. You can find more information about these blood tests by scanning this QR code with the camera on your smart phone or go to [Checking your beta-hCG hormone levels in early pregnancy](https://www.yourhealth.leicestershospitals.nhs.uk/Checking-your-beta-hCG-hormone-levels-in-early-pregnancy) (1350) available from [yourhealth.leicestershospitals.nhs.uk/](https://www.yourhealth.leicestershospitals.nhs.uk/)



**If heartbeat is seen in the baby and you have had miscarriages before, you will be offered progesterone tablets 400mg 2 times a day to put in the vagina to reduce the chance of another miscarriage. You should use these tablets in the vagina until you are 16 weeks pregnant.**

## Further advice and support

Experienced support is offered by the Miscarriage Association: 17 Wentworth Terrace, Wakefield, West Yorkshire WF1 3QW  
[www.miscarriageassociation.org.uk](https://www.miscarriageassociation.org.uk)

Tel: **01924 200 799** (Monday to Friday, 9am to 4pm)



## EPAU opening hours

Monday to Friday: 8.15am to 4.30pm Tel: 0116 258 5241

Saturday & Sunday: 8am to 10.30am Tel: 0116 258 5241

Out of hours GAU: Tel: 0116 258 6259

If you feel very unwell, faint or have severe pain, call **999** for an ambulance.

## Your appointment in EPAU

You have an appointment at the Early Pregnancy Assessment Unit which is on level 3 of the Balmoral Building at Leicester Royal Infirmary.

Please arrive 10 minutes before your appointment:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: EPAU, next to Ward 8, Level 3 Balmoral Building, Leicester Royal Infirmary

Tel: 0116 258 5241

We always try to give patients the earliest available scan. If you are not able to attend your scan, please call the number above to rearrange your appointment, so someone else can make use of it.



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