



Northumbria Healthcare
NHS Foundation Trust

Manual Vacuum Aspiration (MVA)

For pregnancy loss/retained
products of conception

Issued by obstetrics and gynaecology

This leaflet explains the procedure manual vacuum aspiration (MVA).

Why have I been given this leaflet?

You have been diagnosed with a miscarriage or retained products of conception and are considering or have agreed to have a MVA performed.

What is MVA?

This is a procedure performed under local anaesthetic and with painkillers that uses suction to remove tissue from your womb.

What are the alternatives?

- A similar procedure called evacuation of retained products of conception is an alternative, but this is performed under a general anaesthetic.
- Using the drug called misoprostol to encourage the womb to pass the tissue.
- Expectant management which is waiting for your body to expel or absorb the tissue naturally, a process that may take several weeks.

What does MVA involve?

Once you have decided to have an MVA performed you will be seen by a doctor or nurse and your written consent will be obtained. You will have blood tests to check that you are not anaemic and to find your blood group. All rhesus negative women (a type of blood group) will be given an injection of a substance called Anti D after the procedure to prevent antibodies forming in future pregnancies.

A urine sample will be sent to check that you do not have the sexually transmitted infections chlamydia or gonorrhoea. If these are positive you will be followed up by the sexual health service and will need antibiotics.

You will be given a date and time to return to the EGC on ward 6 of The Northumbria for the procedure to be performed or it may be performed on the same day. You may wish to bring someone with you.

You will be asked to attend EGC three hours prior to the MVA being performed. You will be given two small tablets of misoprostol either vaginally or orally in order to soften the neck of the womb. You may then leave the clinic for coffee etc. It is probably best not to go to the toilet for an hour if the tablets have been given vaginally. You may eat and drink as you wish. You will be asked to return two hours later for painkillers, which may involve a combination of suppositories and tablets. Your procedure will be scheduled for an hour later. While waiting for the MVA you may leave the clinic if you wish.

What does the procedure involve?

You will lie on a couch and your legs may be put into stirrups. A speculum is inserted into the vagina (similar to having a smear taken) to enable the neck of the womb (cervix) to be clearly seen. If the cervix is tightly closed anaesthetic gel or an injection may be given to reduce the pain.

The neck of the womb (cervix) is gradually opened with small plastic tubes until the suction catheter can be introduced. Suction is then applied and any tissue is sucked out of the womb. This may be uncomfortable with a crampy feeling (like bad period pain). The discomfort only lasts a few minutes and stops quickly once the procedure is over.

You will have a scan at the end of the procedure to check that all the tissue has been removed.

After the procedure you need to stay in the clinic until you feel well enough to go home. You will have light bleeding and mild cramps which may last a few days.

What are the risks?

As with any procedure there is a small risk of infection:

- Excessive bleeding.
- Damage to or perforation of the uterus (womb) which may require surgery to repair.
- Incomplete emptying of the uterus.

What to expect afterwards?

You can expect light bleeding and mild cramps for up to two weeks. Please contact the clinic/ward if you have heavy bleeding with clots.

Avoid sex and the use of tampons for four weeks in order to minimise the risk of infection.

Recommence contraception if necessary.

For advice please contact

Wansbeck General Hospital

Gynaecology outpatients 01670 564 140

North Tyneside General Hospital

Gynaecology outpatients 0191 293 4374

Ward 6 0191 293 2568

Hexham General Hospital

Women's health unit 01434 655 353

The Northumbria

Emergency gynaecology clinic 0191 607 2908

Ward 15 0191 607 2015

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: 01670 511098

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

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