

## Patient information

# Your Procedure at Mile End Hospital

### Date and Time of Arrival

- Your procedure will be on \_\_\_\_\_
- Please arrive at 10.00am (your procedure can take place any time up until 3.30pm)

### Location

- Your procedure will be carried out at Mile End Hospital:  
Community Women's Health Service (CWHS) (3<sup>rd</sup> Floor, Grove Building)  
Mile End Hospital  
Bancroft Road  
London  
E1 4DG
- Once at Mile End Hospital, the best entrance is the Main Entrance (on Bancroft Road). You then follow signs for Community Women's Health Service (CWHS), which is on the third floor of the Grove Building (above Rheumatology).

### How to get there

- Bus - The following buses stop close to Mile End Hospital: 25 (24-hour service), 205 on Mile End Road, 309 on Globe Road, 277, 339 and D6 on Grove Road, 8 and D6 on Roman Road and the D7 terminates and commences at Mile End Station.
- Tube – The closest underground station is Stepney Green, an 8 minute walk from Mile End Hospital, served by the District and Hammersmith and City Lines and Mile End underground station is a 13 minute walk, served by the District, Central and Hammersmith and City Lines.



## Things to remember

### Childcare

Children are not allowed to be with you during this procedure or in any clinical areas. Therefore, please arrange for childcare for the day of the procedure.

### Escort

On the day of your procedure, we advise that you attend your appointment unaccompanied. If necessary, one support person may attend with you, but they will be asked to remain in the waiting area for the duration of your procedure.

If you are under 18 years of age, an adult can remain with you for the procedure.

### Food and drink prior to your procedure

Your procedure will be under local anaesthetic, and you will be awake. You do not need to starve before this procedure.

### What to bring

- Comfortable clothes.
- Your usual medications in original packaging.
- Sanitary pads.
- Your phone and some headphones.
- **Do not** bring other valuables or large sums of money to the procedure.

## Procedure

You will meet your surgeon before your procedure once you are admitted onto CWHS. You will be given medication before the procedure to prepare the cervix (neck of the womb). Your procedure will be under local anaesthetic and oral pain relief (you will be awake, will feel some pain and will be able to remember the procedure).

Throughout your procedure, you are in control and can ask for the procedure to stop at any point. Some women find listening to music, meditation or watching something on their phone helps to distract them from pain. Alternatively, you will have a nurse at your side throughout the procedure who you can talk to. Your procedure will take 15 minutes and is carried out in the procedure room at CWHS.

You can be started on any **contraceptive** method either at the time of the procedure or shortly afterwards – discuss these with your doctor if you have questions. After your procedure, you will spend some time in the recovery area before discharge home.

## Timing

Please arrive promptly at 10.00am on the day of your procedure. Arriving late for your procedure may mean that you will miss the opportunity to have surgery on that day. Your procedure will commence any time from 12.00pm and most patients are completed by 3.00pm.

## Side Effects

- Nausea and vomiting can occur due to the pre-medications we give. We can give anti-sickness medication if this occurs.
- Bleeding, which can last for up to 2 weeks.
- Crampy period pain which should be manageable with simple pain relief (paracetamol and ibuprofen).

## Risks

<b>Infection in the uterus</b>	Common <1 in 10		<b>Damage to the uterus</b>	Uncommon 1-4 in 1000
<b>Retained pregnancy tissue</b>	Uncommon 1-2 in 100		<b>Excessive Bleeding</b>	Rare <1 in 1000
<b>Damage to the cervix</b>	Uncommon <1 in 100		<b>Damage to bowel or bladder</b>	Very Rare 1 in 10,000

## Emotional Support

It is normal to have mixed feelings and emotions after your procedure. If you would like to speak to our counsellors, please arrange an appointment on 020 8223 8636.

## In Case of Emergency

Go to your local Accident & Emergency if you have any of the following symptoms:

- |                        |                           |
|------------------------|---------------------------|
| Heavy vaginal bleeding | Smelly vaginal discharge  |
| High temperature       | Feeling chills or shivery |
| Redness in leg         | Pain in your leg          |
| Shortness of breath    | Chest pain                |

## Cancellation of your procedure

If you need to cancel your procedure, please call CWHS as soon as possible on 020 8223 8636, or email [bhnt.thcash@nhs.net](mailto:bhnt.thcash@nhs.net)

- **Please include your full name, date of birth and date of your procedure in any enquiry.**
- **Please note that this is only for cancellations and not for clinical advice.**
- If you need further time to decide about proceeding with abortion or not, then you can always request for an appointment with one of our counsellors by contacting the above number.

## Large print and other languages

This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. For more information, speak to your clinical team.

এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ প্রিন্টের মত বিকল্প ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যেতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিক্যাল টিমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

یہ معلومات متبادل فارمیٹس میں دستیاب کی جا سکتی ہیں، جیسا کہ پڑھنے میں آسان یا بڑا پرنٹ اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی کلینکل ٹیم سے بات کریں۔!

## Tell us what you think

Tweet us @NHSBartsHealth

Talk to us via [facebook.com/bartshealth](https://www.facebook.com/bartshealth)

Leave feedback on NHS Choices [www.nhs.uk](https://www.nhs.uk)

## Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services:

[www.bartshealth.nhs.uk/pals](https://www.bartshealth.nhs.uk/pals)

**Reference:** BH/PIN/1259

Publication date: January 2024

All our patient information leaflets are reviewed every three years.