

## Early Pregnancy Assessment Unit, Hereford County Hospital

### Patient information leaflet:

## EARLY PREGNANCY ASSESSMENT UNIT (EPAU)



### Why have I been asked to go the Early Pregnancy Assessment Unit?

The Early Pregnancy Assessment Unit (EPAU) is a clinic, which assesses women in early pregnancy who have bleeding or pain. Your GP or A and E doctor will arrange your appointment for you.

We aim to diagnose your problem, offer advice, support and any treatment which may be needed.

This leaflet is to help you prepare for your appointment. We are all here to make your visit as comfortable and safe as possible. If you have any questions, please ask - we are here to help.

### When will this appointment occur?

If you do not already have an appointment a member of the team will ring you with a date and time.

**We aim to see you within 2 working days.**

### Is there a charge for car parking?

Yes. Charges are explained at the car park entrance.

### Where is the EPAU?

The clinic is held within the Women's Health Clinic on the 2<sup>nd</sup> Floor of the Hospital.

### What is a scan?

A scan is a test, which helps us look at your baby. It is usually done by a Sonographer (a person who specialises in ultrasound). You will be advised to have a vaginal scan if

10 weeks or under. This involves a specially designed probe being placed a little way into your vagina.

To make sure everything is kept clean, a condom-like cover is put over the scanner. It is important to tell us if you are allergic to **Latex**.

If over 10 weeks pregnant, an abdominal scan will be performed. Neither of these scans will do any harm to you or your baby.

### In preparation for your visit...

If you are going to have a vaginal scan please empty your bladder on arrival to the clinic. If having an abdominal scan drink 1litre of water prior to attending the clinic and do not empty your bladder before your scan. If you are unsure of which scan you are having attend the clinic with a full bladder and ask the nurse what to do when you arrive at the clinic. It is advisable to avoid a large breakfast on the morning of your appointment.

### How long will I be there?

Unfortunately, we cannot tell you how long you will need to be here as times vary. You may be here as little as ½ hour but it could

be longer. You are welcome to bring your partner or a friend.

Author:

Date:

Review:



### What will happen during my visit?

- When you arrive at the clinic please report to reception then take a seat in the main waiting area.
- A nurse will ask you some questions before your scan.
- They may take a blood sample from you.
- You will then be scanned by the Sonographer.

### What happens next?

A nurse or doctor will explain the results of your scan to you on the same day as your appointment. The doctor may ask to examine you to help them decide what to do next. If the scan shows your baby's heartbeat, and you have little or no bleeding or pain, you will be allowed home and offered reassurance and advice on how to look after yourself and your baby.

If the scan shows a problem or cannot confirm that the pregnancy is OK we will arrange some or all of the following:

- A blood test
- A repeat scan
- The management of a miscarriage
- Immediate admission to hospital

### Before leaving the Unit we will make sure...

- You know what has happened and have information about your condition.
- You fully understand any further tests that may be needed.
- You have details of a further appointment, if one is required.
- You have any tablets or medicines prescribed for you.
- You have contact numbers, which you may find useful.

### What should I do if I have more pain or bleeding before my appointment?

You should contact the EPAU or when out of hours the ward based nurse or midwife on 07717888736 who will assess you over the phone & advise you on what to do next.

### Is there anyone I can talk to if I'm worried or need some more advice?

You should contact your GP direct or telephone the hospital on 07717888736. A trained midwife or nurse will be happy to discuss any problems.

We aim to provide you with the privacy and dignity you need at what might be a very worrying time for you. We would,

however, be pleased to receive any comments or ideas, which you feel may improve the clinic.

### Telephone numbers and organisations

Early Pregnancy Assessment Unit (EPAU) – 07717888736

Please note that the unit is staffed between 8.30am and 5pm Monday to Friday.

Out of hours please phone the Women's health ward 01432 364110

**Miscarriage Association** [info@miscarriageassociation.org.uk](mailto:info@miscarriageassociation.org.uk)

IT IS IMPORTANT TO TELEPHONE THE UNIT IF YOU CANNOT ATTEND YOUR APPOINTMENT

Tel 07717888736 (This means we can use the appointment for another patient, thank you.)