

## MM-TI

### Miscarriage Management Training Initiative

#### What to Say While You're Doing a Manual Vacuum Aspiration

Hi, I'm \_\_\_\_\_, I will be your doctor today.

[Ask questions regarding medical history, and review consent form]

[Determine/confirm contraceptive method to be used by patient post-procedure]

I'm going to start by doing an ultrasound to determine how pregnant you are. I will also do an internal exam to feel the size and direction of your uterus. Are you interested in seeing the ultrasound picture? Would you want to know if I see twins on the ultrasound?

Now I'm going to start the procedure. I'm just putting on sterile gloves, and the first thing you will feel is the speculum. There is going to be pressure, but it shouldn't pinch or hurt. If it is pinching or hurting, please tell me because I can usually make that better.

Now I'm going to wash off your cervix with sterile soap. I'm going to do that 3 times. The soap is brown, so later; if you have some brownish vaginal discharge, don't be alarmed.

Now I'm going to put some numbing medicine right into your cervix. You may feel a pinch or a burn, but it should go away within the next 20 to 30 seconds. If you are feeling any discomfort, take a deep breath in, and blow it out.

There will be 3 injections total, and even though they may hurt, they will make the rest of the procedure easier for you.

Now I'm going to put a holder on your cervix, and I'm going to have you give me a big cough while I place this [wait for cough to clamp tenaculum]. I'm now going to check the dilation of your cervix, and I'm going to have to stretch it a few times. You may feel some "come and go" cramping with this, but it shouldn't last very long.

I'm now inserting the cannula, the straw-like instrument. I'm starting the process of emptying your uterus, and nothing bad or damaging is happening. You might feel some pulling or tugging, or some movement, but everything is going very well.

As your uterus starts to empty more completely, it sometimes cramps a little bit more. And even though that is more uncomfortable that is what we want the uterus to do. That keeps your uterus from bleeding too much. It is also means I'm probably going to be done within the next 30 seconds or so.

Now, I'm done, and I'm just going to check for bleeding.

[If an IUD is to be placed]

I'm just going to put your IUD in, and you shouldn't feel any pain. Now I'm going to take all the instruments out, and you can scoot back, put your feet together, get a little bit more comfortable. I'm just going to go look at the tissue and make sure we have everything we need.

We have a hot water bottle or heating pad for you if you would like one. The worst of your cramping should go away in the next 5-10 minutes.

[The physician leaves the room to check the products of conception (POC) rendered from the procedure]

[The physician returns]

We got everything that we need, your uterus is now empty and you are no longer pregnant.

You can start your birth control today. I would like to see you back in a few weeks for a follow up visit. If you have any questions between now and then, please don't hesitate to call.