
Gynaecology / Day Surgery Unit

Evacuation of Retained Products of Conception (ERPOC)

What is ERPOC?

Evacuation of retained products of conception is the medical term for removing any parts of your pregnancy that may remain in your womb following a miscarriage.

What can I expect after the surgery?

You will experience some discomfort. If so, the nursing staff will give you pain relief. Some vaginal bleeding is common.

When can you leave hospital?

Most women are able to go home a few hours after the operation.

When can you resume normal activities including work?

Most women prefer to take the following day off work, both for their emotional and physical recovery.

What to expect when you go home

- You may experience cramping period-like pain; you have painkillers to take home.
- Bleeding usually continues for between 10-14 days but should decrease each day.
- It is advisable to use sanitary towels, avoid using tampons to reduce the risk of infection.
- Avoid sexual intercourse until the bleeding has stopped.
- Avoid hot baths for a while, instead have a warm bath or shower to prevent infection.

What to watch out for

- Watch out for signs of infection:
 1. Offensive vaginal discharge
 2. A raised temperature

3. Pelvic pain (lower abdominal pain)
4. Increased bleeding

If you develop these symptoms, contact your GP.

Your next pregnancy

You can expect your next period any time up to six weeks after your ERPOC. It may be heavier and last longer than normal. If you have not had your period by this time, you should seek advice from your GP.

You can ovulate (produce an egg) at any time after your ERPOC and you may become pregnant before you have a period. If you have intercourse you may conceive, so it is worth reviewing contraception as soon as possible if you want to wait before trying again. Most doctors advise that you wait until you have had at least one period before trying to conceive again. This allows time for you and your partner to recover emotionally and physically and will also help with accurate dating of the next pregnancy.

Further Information

If you have any concerns, please call any of the following numbers:

- | | |
|------------------------------------|--------------|
| 1. Addenbrooke's Day Surgery Unit | 01223 256330 |
| 2. Daphne Ward | 01223 217636 |
| 3. Gynaecology Ward L4 | 01223 348500 |
| 4. Pat Ingham - Midwife Counsellor | 01223 217882 |
| 5. Your General Practitioner (GP) | |

Please ask if you require this information in other languages, large print or audio format:
01223 216032 or patient.information@addenbrookes.nhs.uk

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

Cantonese

तमने आ माळिती बीछ भाषाओमां, मोटा अक्षरोमां अथवा सांभली शकाय जेवा माध्यम
(ओडीओ इमेज)मां जेठती छोय तो कृपा करीने पूछो.

Gujarati

تکایہ پرسیار بکے نہ گھر نہ وزانیاریہت دہوی بہ زمانیکی تر , بہ بیٹی گہورہ یانیش بہ شیوہی دہنگ

Kurdish

آگر آپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پر درکار ہوں تو براۓ مہربانی اس کیلئے درخواست کریں۔

Urdu



Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.
For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Document History

Authors	Day Surgery unit
Department	Addenbrooke's Hospital, Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 2QQ www.addenbrookes.org.uk
Contact number	01223 256330
Published	June 2006
Review date	June 2008
File name	erpoc.doc
Version number	1
Ref	PIN180