



A guide to...

Surgical Management of Retained Placental / Pregnancy Tissue

Patient Information

How to contact us

Gynaecology Department
Watford General Hospital
West Hertfordshire Hospitals NHS Trust
Vicarage Road, Watford, Hertfordshire, WD18 0HB
01923 244366

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 198** or email westherts.pals@nhs.net



Author	Gynaecology
Ratified / Review Date	August 2023 / August 2026
ID Number	28/2136/V2



We hope this information is useful for you in preparing to come into hospital for your operation.

Admission date:

Admission time:

Gynaecology Ambulatory Care Unit / Elizabeth Ward
1st Floor, Maternity Unit, Watford General Hospital

Please note that we will do everything we can to ensure your operation is done at the planned time of admission, but occasionally there may be a delay due to unforeseen emergencies within the hospital beyond our control. Please accept our sincere apology if this happens.

When do I come into hospital?

You will be told what time to arrive or will be given a telephone number to call to ensure that a bed is available.

What do I bring with me?

We suggest you bring in some essentials (sanitary towels, spare underwear, toiletry bag with toothbrush and paste, nightdress or pyjamas, slippers and dressing gown) just in case you need to stay in overnight. Please leave any non-essential valuables at home.

What preparation do I need to do?

- Please make sure that you have nothing to eat after midnight on the night before you come in. You may have a small glass of plain water on the morning of your admission until 6 am, but please don't drink juice, tea or coffee with milk or your operation may be postponed.
- You may also like to have a bath or shower at home on the night before/morning of admission.

What happens when I arrive on the ward?

You will firstly be seen by a Nurse on the ward and later by a doctor to check all the details you have already given us are correct.

What happens to me during the operation?

You are given a light anaesthetic (put to sleep) and the cervix (opening of womb) is gently dilated (stretched). Then the placental tissue is removed using a small suction device.

What are the risks?

This is a very safe operation, but occasionally as with any operations there can be complications. These include infection, heavy bleeding and perforation (making a hole) of the womb with the instruments used. If this happened, it may be necessary to look in your tummy with a scope and if there was internal bleeding, even do a further operation to repair it. Occasionally the pregnancy tissue is not all removed and there may be the need for a further operation.

Will it hurt?

You will be asleep during the operation and not feel anything, but when you wake up, you may experience some “period-like” cramps. We will give you painkillers for this.

When can I go home?

Most women are fine to go home later the same day as long as you have an adult to pick you up and stay with you overnight. Please be aware that you cannot drive for 24 hours. However, some women need to stay overnight, so bring an overnight bag, just in case.

How long does the bleeding last?

The bleeding can go on for one to two weeks after the operation, occasionally up until three weeks. It should be getting lighter – like the tail of a period. You should not use tampons for the bleeding, just pads. It is normal to experience some tummy cramps and even some small clots after the operation, but if the bleeding becomes very heavy or the pain very severe, or if you have an unpleasant smelling discharge, you should see your family doctor as you may need antibiotics.

When can I get back to normal activities?

Having a shower after the operation is safe, although we recommend avoiding swimming until after the bleeding has stopped. You should avoid intercourse for at least a week after the bleeding has stopped. You should be fine physically to go back to your daily routine the following day.

When will I get my period again?

Your periods should return within 4-6 weeks, but this does vary.

Please contact Gynaecology Day Assessment Unit (GDAU) on **01923 217 344** (Mon-Fri, 9.00am to 5.00pm) if further concerns following the procedure.