



## Information for patients, relatives and carers

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# Early Pregnancy Assessment (Within the Emergency Department)

We have given you this information because you have come to the emergency department experiencing a problem in early pregnancy, such as bleeding or abdominal pain. Following your assessment, an appointment has been made for you to be seen in the Early Pregnancy Assessment Unit (EPAU).

## Where is the EPAU?

**York:** EPAU is located at junction 5, on the ground floor. Please check in at the reception desk directly in front of you when you come in.

Telephone 01904 726489 or 01904 726275 for out of hours enquires.  
Open Hours- Monday to Sunday, 8am to 2:30pm

**Scarborough:** EPAU is located on the 3rd floor when entering in the main entrance.

Telephone (24 hours) 01723 385134  
Open Hours- Monday to Friday, 8am to 5:30pm

## Am I having a miscarriage?

We know that you will be very worried about the bleeding or pain you have had but these symptoms can occur very early in pregnancy with no harm to the baby. The staff at EPAU clinic will be able to tell you if you are having a miscarriage.

## **What to expect at the EPAU**

The EPAU is a dedicated nurse-run, consultant-led service for women with complications, such as pain and bleeding, during early pregnancy (from six to 16 weeks). Please expect your appointment to last at least one to two hours. You are welcome to bring someone with you for support, but due to the nature of the clinic, no children please.

When you arrive you will be seen by one of the nurses who will take a detailed history from you about your symptoms and your general health. She may request a urine sample from you if you have not already provided one.

Following this an abdominal ultrasound scan will be performed. A full bladder is required for this examination so please fill your bladder before the scan. If the scan is unclear, a vaginal scan will be offered to you as this can produce clearer images of the inside of your womb. For this you will be asked to empty your bladder.

Following your scan the nurse will see you to discuss the results and the ongoing management. A diagnosis may not always be clear initially. If further appointments or investigations are required, these will be explained to you by the EPAU Nurse and arranged accordingly. Blood tests are not routinely taken; however, at times these are required to look at your blood group, to ascertain if you are anaemic or to monitor your hormone levels.

## **What should I do next?**

It is normal to feel anxious during this time, but there are many reasons why you can get pain and/or bleeding in early pregnancy.

If you feel that you need to rest, you can but try to keep as active as you feel able to. There is not always a specific treatment to stop your bleeding and unfortunately, miscarriage cannot be prevented.

Taking pain relief such as paracetamol for any back or tummy (abdominal) pain you might have, is perfectly safe. It is important to only use sanitary pads and not tampons or menstrual cups if you have vaginal bleeding.

If you have any further questions or concerns, please call EPAU on the contact numbers provided who can provide additional support and advise.

In the case of heavy vaginal bleeding or significantly worsening abdominal pain please attend your nearest emergency department.

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① We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: York EPAU Telephone 01904 726489  
Scarborough EPAU Telephone 01723 385134.

**Patient Advice and Liaison Service (PALS):** We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services. PALS can be contacted on 01904 726262, or email [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net). An answer phone is available out of hours.

**Leaflets in alternative languages or formats:** If you require this information in a different language or format, for example Braille, large print, Easy Read or audio, please ask the staff who are looking after you.

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