

**ROYAL HOSPITAL FOR WOMEN**Approved by  
Quality & Patient Safety Committee  
15/10/09**CLINICAL POLICIES, PROCEDURES & GUIDELINES****GUIDELINES FOR THE MANAGEMENT OF PATIENTS WITH PROBLEMS IN EARLY PREGNANCY**

Patients presenting with pain and/or bleeding before 20 weeks of pregnancy may be referred to the Early Pregnancy Assessment Service (EPAS) at RHW or attend the Emergency Department of Prince of Wales Hospital.

Part of these guidelines include :

1. Early Pregnancy Assessment Service (EPAS) referral guidelines
2. Patient referral guide
3. The Early Pregnancy care programme guideline for RMO's
4. RMO standard guide
5. Management of incomplete miscarriage guidelines
6.  $\beta$ hCG/Progesterone guidelines for RMO's
7. Guidelines for management of nausea and vomiting in early pregnancy

Management of patients is assisted by the use of the following clinical diagnoses :

- a. Blighted ovum/anembryonic pregnancy
- b. Possible early pregnancy
- c. Viable pregnancy
- d. Missed miscarriage
- e. Incomplete miscarriage
- f. Empty uterus

Further assistance is available via the use of patient information sheets. These include :

- a. Complete miscarriage
- b. Conservative management of miscarriage
- c. Dilatation and curettage
- d. Ectopic pregnancy
- e. Repeat  $\beta$ hCG
- f. Social Work Department miscarriage package

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**CLINICAL POLICIES, PROCEDURES & GUIDELINES****GUIDELINES FOR THE MANAGEMENT OF PATIENTS WITH PROBLEMS IN EARLY PREGNANCY cont'd****EARLY PREGNANCY ASSESSMENT SERVICE – REFERRAL GUIDELINES****Who staffs the EPAS?**

The clinic is staffed by a consultant gynaecologist, a gynaecology registrar, a resident medical officer and a midwife.

**Who should be referred to EPAS?**

Women who are less than 20 weeks pregnant and have experienced bleeding and/or pain with the pregnancy may be referred to EPAS.

The clinic is held each weekday morning. The women's condition should be stable enough not to warrant immediate attention. If they require URGENT attention, please refer them to the Prince of Wales Emergency Department.

Women referred to EPAS must be able to walk unaided to the clinic, i.e. not requiring wheelchair or trolley.

**You may refer the following women to the clinic:**

- Women who have bleeding an/or pain before 20 weeks pregnancy
- Women who require a  $\beta$ hCG follow up
- Women who have had an ectopic pregnancy treated as an outpatient with methotrexate
- Women who are having a miscarriage treated non-surgically
- Women with a non viable pregnancy on ultrasound scan

**Who should not be referred to the clinic?**

- Women who have general gynaecology problems that are not related to early pregnancy. These women should be referred to a Gynaecology Clinic through RHW Gynaecology Outpatients Department, telephone 9382 6248 or 9382 6249.

All **urgent** non-pregnancy related gynaecology problems should be referred to the Prince of Wales Emergency Department for assessment.

- Women who are less than 20 weeks pregnant and require **urgent** review. Please contact the on-call gynaecology registrar via the RHW switchboard on 9382 6111 and ask that they be paged. These patients should also be seen and stabilised by the emergency doctors whilst alerting the on-call registrar to review.
- Women who are more than 20 weeks pregnant and require **urgent** review. These women should be sent to the Delivery Suite, located on Level 1, RHW. Please notify the Delivery Suite staff on 9382 6100 that the women will be arriving.

On arrival the women should present to the Admissions Desk on Level 0 RHW before proceeding to the Delivery Suite.

- Women presenting with psychosocial problems should be referred to the Social Work Department on 9382 6670.

**Will women be automatically referred for an ultrasound?**

Only women who cannot be adequately assessed by the clinic staff will be formally referred to the Medical Imaging Department.

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**Monday to Friday by appointment only.** Women without an appointment will be referred to their General Practitioner or, if the problem is urgent, to the Emergency Department of Prince of Wales Hospital for assessment. Women in a stable condition will be given the next available appointment at EPAS.

EPAS is not open during Public Holidays or at the weekend. This applies for the Christmas/New Year period.

Appointments are available at 7.30 am and 8 am Monday to Friday and can be made by paging 46520 (Monday to Friday 7.30 am – 4 pm). After these hours phone 9382 6111 and ask for the Nursing Supervisor to be paged.

**Where is EPAS located?**

EPAS is located in the Department of Reproductive Medicine, Level 0, Royal Hospital for Women.

**What information does the woman need to take to the appointment?**

- **REFERRAL LETTER**
- Quantitative  $\beta$ hCG result
- Blood group
- Copy of emergency notes and other relevant test results, e.g. ultrasound

**MANAGEMENT OF INCOMPLETE MISCARRIAGE GUIDELINES****Definition:**

Some products of conception have been passed, some remain in the uterine cavity.

**Clinical presentation:**

History of bleeding with crampy central lower abdominal pain.

**Ultrasound findings:**

Typical appearance of retained products of conception (RPOC).

*Please note that on rare occasions blood in the cavity from an ectopic pregnancy can mimic RPOC so the clinical history is important.*

**Clinical condition:**

Ensure not bleeding very heavily and no evidence of infection (offensive discharge, fever, abdominal pain).

**Management:**

Depends on clinical condition and volume of RPOC's with or without vascularity. Discuss all patients with EPAS Registrar.

Discuss options of care : ERPC or conservative management. Offer patient miscarriage information package and appropriate patient information sheet.

Book a follow up appointment for conservative management in 1 week in EPAS.

## PATIENT REFERRAL GUIDE

Appointments available between 7.30 am – 8 am Monday to Friday  
Appointments can be made by phoning 9382 6701 or paging 46520,  
(After these hours : call 9382 6111 and ask to have the Bed Manager/After Hours Nurse Manager (AHNM) paged on 44020)

