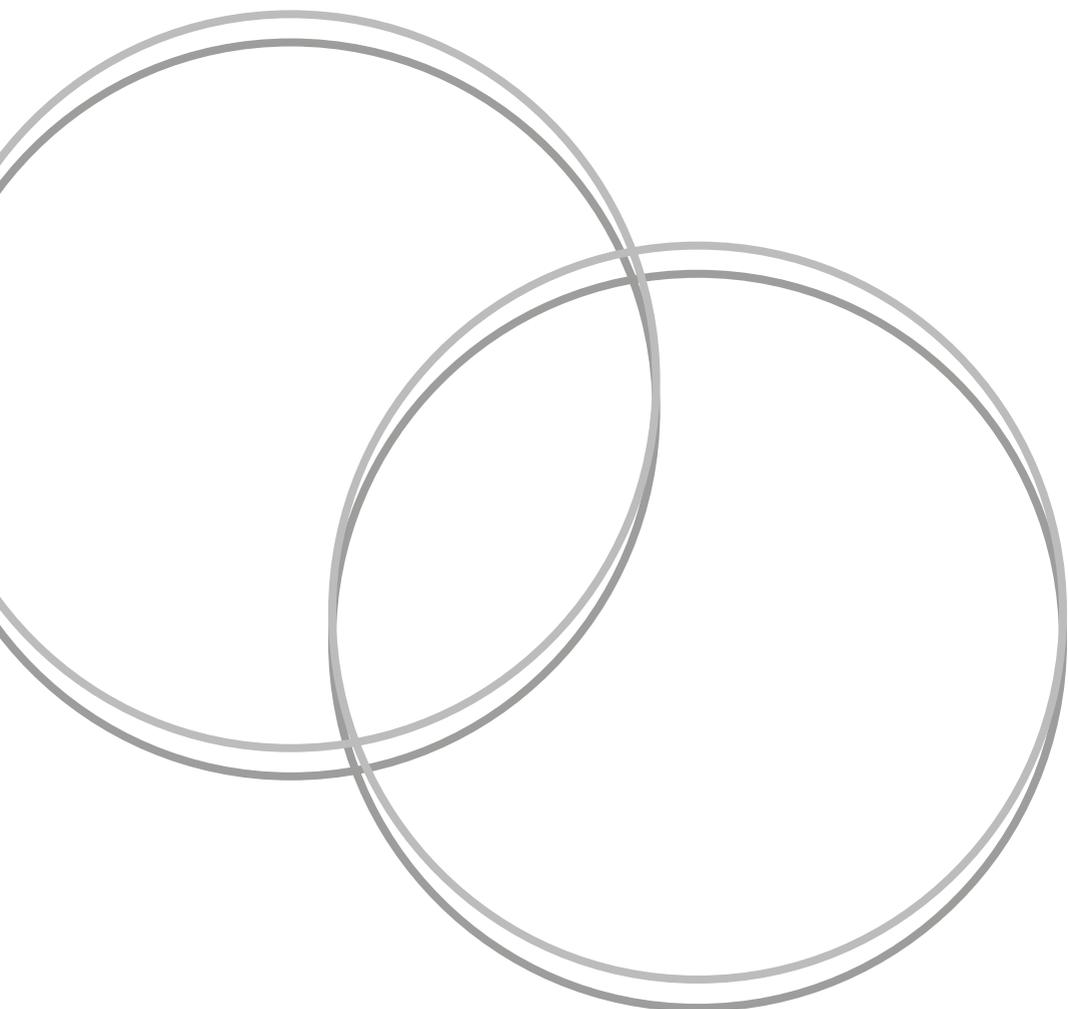




Oxford University Hospitals
NHS Foundation Trust

Rose Hill Community Early Pregnancy Assessment Unit (EPAU)

Information for patients



We know that this may be an anxious time for you, so we have written this leaflet to give you the information you need quickly.

The first part of this leaflet explains what our clinic is and how to make an appointment to see us.

The second part of the leaflet explains what may happen during your visit with us.

What is the Early Pregnancy Assessment Unit?

Rose Hill Early Pregnancy Assessment Unit (EPAU) is based in the community (not at a hospital). We care for women who are less than 16 weeks pregnant and are experiencing a problem (such as pain and/or bleeding). Our unit is run by both medical doctors and Specialist Nurses, who have been trained to care for the particular problems that can occur in the early stages of pregnancy.

If you are experiencing a problem and you are more than 16 weeks pregnant, you need to contact the midwifery centre you are booked into. You can also contact the Oxford Maternity Assessment Unit:

Tel: **01865 220 221**

(24 hours a day, 7 days a week)

How to contact us

Tel: **01865 221 142**

(8.00am to 6.00pm, Monday to Friday)

Address: Rose Hill EPAU
Carole's Way
Rose Hill
Oxford, OX4 4HF

How to book an appointment

You don't need to visit your GP before contacting the clinic, **but you must have made an appointment with the Rose Hill EPAU before you turn up.**

It is important that we understand what your concerns are, so we can make sure you receive the right care in the right environment. This is essential for you to be safe.

Please contact the Rose Hill EPAU and ask to speak with a nurse. They will ask you a few questions, to make sure we have the correct information about you. You do not need to bring a GP referral letter with you.

You can also call the Rose Hill EPAU if you have been to your GP and already have an appointment, but have some further questions.

If you are not pregnant then you cannot be seen in this unit. If your pregnancy test is negative, we will ask you to go to your GP, your pharmacy or the Emergency Department at the John Radcliffe Hospital for further assessment.

Coming for your appointment

There is free car parking available at the Rose Hill EPAU. The unit is in the 'Health Hub' on the ground floor, just opposite the main entrance to the centre, behind the main reception desk. Come into the Health Hub and speak to the nurse at the clinic reception desk.

Please bring with you a urine sample (in a clean, waterproof container, e.g. a small jar).

Allow a minimum of 2-3 hours for your visit. You may have several investigations, need to see both the Specialist Nurse and the doctor, and the unit may be busy. It's a good idea to bring your partner, a relative or a close friend for support.

We would be grateful if you could make arrangements for childcare/collecting children from school. Children can become bored during the clinic visit and it is important that you are able to take in all the information you are given during your appointment. If you are unable to make childcare arrangements, please bring something to amuse your children, as there are no toys or play facilities available in the unit.

What happens during the appointment?

When you arrive at the unit reception desk you will be asked for your urine sample and then asked to take a seat in the waiting room.

If you have been unable to bring a urine sample with you don't worry. We can give you a sample pot and you can provide us with a urine sample while you are waiting to be seen. There is a water fountain in the waiting area, if you need to drink some water to help with this, and a toilet in the clinic for patients only. We will be testing your urine for infection (if you have symptoms) and the presence of the pregnancy hormone.

You will initially be seen by one of the Specialist Nurses, who will ask you the reason why you have come to the unit, assess your condition and make a decision about what happens next during your appointment. You may have your blood pressure and pulse recorded.

These are the investigations you may have if your urine sample shows a positive pregnancy test result:

- **Blood test**

There are various reasons for testing your blood; these will be explained to you by your doctor or Specialist Nurse. Some test results are available in 10 minutes, but others may need to be sent to the John Radcliffe Hospital laboratory. We will contact you with the results when they are available.

- **Ultrasound scan**

This will be carried out by either a doctor, Specialist Nurse or an ultrasonographer. You may need to have a full bladder for your scan; drinking water is available in the waiting room.

The pregnancy ultrasound usually includes an abdominal ultrasound (where the probe is moved over your tummy) as well as a vaginal ultrasound. During a vaginal ultrasound an internal

probe is gently placed just inside your vagina; this gives a much clearer picture of what is happening in your pelvis. The specialist carrying out the scan will tell you more about what will happen.

If the scan shows that you have an ectopic pregnancy, or we are unable to identify where the pregnancy is, we will take a blood sample from you to check the levels of the pregnancy hormone. We can test this straight away in the unit and the result will be available in 10 minutes. If the result shows that the levels of pregnancy hormone are high, we will then send the sample to the John Radcliffe laboratory for an exact level measurement. The result will be available the next day. We will contact you when we know the results.

- **Internal examination**

You may need to have an internal examination. This will be explained to you beforehand and will be carried out by either the doctor or the Specialist Nurse.

You will be asked to lie on the examination couch, draw your heels up towards your bottom and allow your legs to relax outwards. The specialist may gently insert two fingers into your vagina, to examine the area, or a speculum (a small plastic instrument) may be gently inserted into your vagina and opened up to allow the specialist to see the area. An examination light will be used for this examination.

When the investigations have been completed, the doctor or Specialist Nurse will talk with you about what happens next. You may need to come back to the clinic for another scan or assessment, you may need to think about the treatment options available to you, or you may be discharged back to the care of your GP. You might also need to go to the John Radcliffe Hospital for further tests.

We know that this may be a difficult and an anxious time for you. Our aim is to offer sensitive and prompt care, so that whatever the outcome of your appointment we are here to support you and give you time and information.

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
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