

Take care of yourself

Taking care of yourself is important during this stressful time, so try to relax and rest.

If you are feeling well enough it is ok to continue your usual routine including work.

You might find it helpful to have a support person with you if you are feeling worried or anxious. They can come to appointments with you.

If you have any abdominal discomfort or pain you can take simple pain relief such as Panadol.

Contact Details

We understand that this may be a difficult time and that you may want some emotional support.

Your local GP, Community Care Centre or Danila Dilba may be able to provide you with a list of support services.

If it is an Emergency please call triple zero (000)

- Early Pregnancy Clinic: (08) 89227985— *if you have questions about your appointment*
- Health Direct: 1800 022 222



We can book an interpreter for you

Early Pregnancy ...and Bleeding



What are the causes of bleeding?

Bleeding in the early stages of pregnancy can happen to 1 in 4 women. Many women still go on to have a healthy baby.

The causes of bleeding in early pregnancy are often unknown but can be due to a miscarriage or an ectopic pregnancy.

An ectopic pregnancy is where the pregnancy is growing outside of the uterus.

Unfortunately, if the bleeding is caused by a miscarriage there is no medical treatment that can stop you from miscarrying.

It is important for us to find out the cause of the bleeding to ensure we give you the right treatment.



What happens when I am in the Emergency Department (ED)?

You will be seen by an Emergency Doctor who will talk to you about what is best for you.

You may need;

- **An internal examination:** this may give us a reason for your pain or bleeding.
- **An ultrasound scan:** this may give us a view of the pregnancy if you are over 6 weeks. Not all patients need an urgent ultrasound scan.
- **Blood tests:** a pregnancy hormone test (HCG) is taken to monitor your pregnancy. This test often needs to be repeated. A blood group test may also be needed.

Depending on your assessment and results your Doctor will then explain the next step which may include:

- Discharge home with Early Pregnancy Clinic follow-up
- Discharge home with GP follow-up
- Needing an Obstetric and Gynaecological review (O&G) in the Emergency Department

When to come back to ED?

You should return to the Emergency Department if you have:

- increased bleeding and you are using 2 pads in 1 hour or passing large clots
- severe abdominal/stomach pain or pain in your shoulder
- fevers/chills/aches
- dizziness or feeling faint
- something you are worried about



