



Information for
patients and
carers

**Manual Vacuum Aspiration
(MVA)**

This information is for women who are considering or have chosen to have a manual vacuum aspiration (MVA).

What is MVA?

This is a procedure used to remove pregnancy tissue from the womb. It is performed whilst you are awake. Local anaesthetic is injected into your cervix (neck of the womb). A small tube (catheter) then passes through the cervix in order to gently remove the pregnancy tissue using suction.

MVA offers a surgical option that avoids the need for a general anaesthetic. There is very good evidence that it is a safe procedure, with high success rates and good patient satisfaction.

MVA can be used to manage a miscarriage or for removal of pieces of pregnancy tissue that have not passed. The clinicians looking after you will be able to advise if an MVA is suitable for you.

What to expect

Decision Making:

You will be seen by the clinical team on the Gynaecology Day Unit (GDU). All suitable and safe treatment options will be discussed with you. If you choose an MVA you will be able to go home after signing a consent form and having blood tests taken.

You will be contacted with the date and time of your procedure.

The Day of Your Procedure:

- Please allow two hours for your appointment
- You can eat and drink as normal
- Please take pain relief (paracetamol or ibuprofen) before attending the hospital

- You need to attend GDU 1 hour before your procedure. Here you will be given a drug called misoprostol. This drug helps to soften the cervix and increase the safety of the procedure
- At your procedure time you will be directed to the gynaecology outpatient department

The Procedure:

- You will be asked to undress from the waist down and sit on the examination chair
- The first step is inserting the speculum which is a metal device to open the vagina and allows the cervix to be seen
- Local anaesthetic will be injected into the cervix. This will feel sharp but will then go numb. The numbing effect lasts for a few hours and will help reduce the pain after the procedure
- When the neck of the womb is numb, a catheter will be passed into the womb
- The doctor will explain when the aspiration (sucking pressure) will start. You may experience period type pain at this time
- You may hear short episodes of a suction noise
- The suction may be repeated between 3 - 5 times to ensure the uterus is empty

Immediately after the Procedure:

- You will be given privacy to dress
- You will then be taken to the recovery area and your blood pressure and heart rate will be checked immediately after the procedure and at 30 minutes following the procedure
- If you have a Rhesus negative blood group you will be offered an Anti D injection
- You may also be offered further analgesia if needed
- You will be able to go home after 30 minutes of observation

At home:

- Most women experience the heaviest blood loss in the first few days following an MVA, after this it gradually becomes lighter
- You may experience period pains over the next few days
- Take painkillers regularly during the first 24 hours
- To reduce infection risk please use sanitary towels instead of tampons and do not have sexual intercourse until the bleeding has stopped

What are the potential complications of an MVA?

MVA is considered a safe procedure but all procedures carry risks and the following are associated with MVA

- Heavy bleeding requiring a transfusion - 3 in 1000 women
- Infection - 40 in 1000 women
- Incomplete removal of tissue and need for a second procedure - 3 in 1000 women
- Injury to the cervix – less than 1 in 1000
- Perforation (tear to the womb) - less than 1 in 1000 women
- An operation to repair any damage – if there is a tear to the womb then you may need a laparoscopy (keyhole surgery) to ensure organs within the abdomen have not been damaged. This is a rare complication
- Scar tissue forming in the womb - 160 in 1000 (similar to other treatment methods)

Follow up

We do not arrange routine follow up after an MVA. However, you should contact the GDU if any of the following occur:

- **Bleeding** that remains heavy after a few days, or becomes increasingly heavy (particularly if you are having to change sanitary towels twice an hour or more)

- If you begin to feel **tired, short of breath** or experience **dizziness** or **light headedness**
- **Pain** that is not improving with paracetamol and ibuprofen or suddenly becomes more severe
- **Vaginal Discharge** that is offensive (smelly)
- If you have a **temperature** in the first few days following the procedure

Contact details

Gynaecology Day Unit (GDU) 01772 524415
In an emergency go to your nearest A&E or call 999

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

www.miscarriageassociation.org.uk - Miscarriage Association

www.sands.org.uk - SANDS

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دوسری زبانوں اور ریڈنگ کے لیے اگر آپ کو یہ معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو
پوچھنا یا اسے ایسی دستاویز میں دیکھنا ہو سکتا ہے۔ براہ مہربانی پوچھنا۔ معلومات

Arabic:

مطبوعه بأحرف كبيرة وبلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يرجى أن تطلب
أخرى يمكن توفير هذه المعلومات

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