



## Information for patients, relatives and carers

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# Early Pregnancy Assessment (Within the Emergency Department)

Before you leave the Emergency Department you will be given an appointment to attend the Early Pregnancy Assessment Unit (EPAU) and a specimen pot to collect a urine sample to take to EPAU with you.

## Where is the EPAU?

**York:** EPAU is located on ward G1 (junction 5) on the right-hand side after the double doors. It is advisable if arriving by car to park in the visitor's car park and pay for up to three hours. By late morning on the day of your appointment you will hopefully have all your results. Occasionally this is not possible, and you may be asked to re-attend.

**Scarborough:** EPAU is located on the 3rd floor when entering in the main entrance. It is advisable if arriving by car to park in the visitor's car park and pay for up to three hours. By late morning on the day of your appointment you will hopefully have all your results. Occasionally this is not possible, and you may be asked to re-attend.

## 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.

## **Information for Attendance at the EPAU:**

It is important that you are aware that the clinic can only scan you once you are more than six weeks pregnant as the scans before this are inconclusive. Please also be aware that there are limited appointments in the EPAU clinic. This may mean your appointment is a few days after your ED attendance.

### **1. Urine sample:**

You will have been supplied with a specimen pot to provide an early morning urine sample, please bring this sample with you. Please also bring an overnight bag just in case. You may have breakfast before coming to EPAU.

### **2. Medical History:**

The nurse will take a full medical history when you attend EPAU.

### **3. Vaginal Swabs:**

You will be offered the opportunity to be screened for underlying vaginal infections. Some of these infections occasionally may cause bleeding or pain in early pregnancy or could potentially affect the pregnancy later on or during delivery.

It is recommended that all under 25-year olds have a yearly chlamydia test. If you wish you can be screened during your EPAU appointment. The taking of the swabs will not harm your pregnancy. A more detailed explanation and an information leaflet will be given to you should you wish to be tested. Should you require treatment the staff at EPAU will contact you and your GP will receive a copy of the result too.

### **4. Blood samples:**

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.

### **5. Ultrasound scan:**

At your appointment an abdominal ultrasound scan will be performed first. A full bladder is required for this examination so please drink clear fluids as normal 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.

### **6. What happens next?**

The sonographer will write a report which will be given to the nurse or doctor to interpret and then discuss the results with you.

## 7. What if my pregnancy is ok?

You will be discharged by the staff in the EPAU clinic back to your antenatal care providers, GP, midwife or consultant if already booked. You will be given information regarding the date of your next scan.

## 8. What if my scan is inconclusive?

You will be given a further appointment to return to EPAU clinic for a repeat scan in 10-14 days. You may also need to see a doctor. A blood test for pregnancy hormone levels may also be needed which would be repeated in 48 hours. This test is helpful if there are concerns that your pregnancy may not be in the womb (ectopic pregnancy). Medical staff will discuss the appropriate treatment with you should this be the case.

## 9. What can be done if I am having a miscarriage?

Sadly, there are no interventions that can stop a miscarriage. You will be seen by the nurse or doctor in EPAU who will discuss the available options.

If at any point between the time you are discharged from the emergency department and your EPAU appointment, you suffer heavier bleeding or develop significantly worse pain please re-attend the emergency department as soon as possible.

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① If you have further concerns about your condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online: <https://111.nhs.uk/> [When to use NHS 111 - NHS \(www.nhs.uk\)](https://www.nhs.uk/when-to-use-nhs-111/)

**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 [pals@york.nhs.uk](mailto:pals@york.nhs.uk). 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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