The Early Pregnancy Assessment Unit (EPAU)

Information for patients
**The Early Pregnancy Assessment Unit (EPAU)**

You will be contacted by a member of the EPAU staff during the next working day with an appointment to attend the Early Pregnancy Assessment Unit.

(Please note there is no service on a Sunday)

If you *have not* been contacted by 12 mid-day please contact EPAU on:

Dewsbury and District Hospital: 01924 816268

Pinderfields Hospital: 01924 541135

This information booklet is designed to inform you about the Early Pregnancy Assessment unit at the Mid Yorkshire Hospitals NHS Trust and how to access this service
What is the Early Pregnancy Assessment Unit?

The EPAU is a service for women having problems in early pregnancy.

We know that miscarriage can occur for 1 in 5 to 1 in 10* pregnancies.

However, we also know that bleeding and pain at various stages of pregnancy is very common and if this occurs it does not always mean a miscarriage is happening.

EPAU aims to provide a high standard of care to patients with complications in early pregnancy and to reduce the need for acute admission to hospital at a potentially distressing time.

EPAU is run by nursing and midwifery staff with access to medical advice.

Where is the EPAU?

At Pinderfields Hospital - Gate 10a

At Dewsbury and District Hospital - Bronte Towers

Who can go to EPAU?

Any patients referred to unit should fill criteria listed below

- Your pregnancy test must be positive.
• You should be between 6 and 16 weeks pregnant.
• You have vaginal bleeding and/or abdominal pain and/or previous ectopic pregnancy.
• Or you have had 3 previous miscarriages and they were consecutive (i.e. 1 following another). You will be seen at 7+ weeks after LMP

Who can refer me for an appointment?

• GP
• Midwife
• Hospital Doctor
• A&E staff

Can I refer myself?

Yes, you can refer yourself by ringing the EPAU (numbers at the back of this leaflet)

What do I need to do before my appointment time?

• Drink 1 to 2 pints of water 1 hour before appointment time as you may need a full bladder to have a scan. You may prefer to arrive early and drink in EPAU.
• Bring any handheld notes or GP letters you may have.
• Bring a family member or friend as you wish.

**What will happen at the appointment?**

• Your personal and contact telephone details will be recorded.

• Details of pregnancy and problems will be discussed.

• In most cases a scan is performed.

• This may be an “internal” scan; the sonographer will discuss this with you.

• To date there is NO evidence that scans cause any risk to pregnancy.

• The results and plan will be discussed with you before you leave the EPAU:

  • You may have a date arranged to come into hospital
  
  • You may be discharged from EPAU
  
  • Less often, we advise admission straightaway for further tests or treatment.

  • Once you are finally discharged you will receive a letter for your GP.
What should I do if bleeding or pain continue?

• If a miscarriage is happening, the bleeding will be like a very heavy period and you may pass blood clots.

• However, in many cases the bleeding will settle with no harmful effects for the rest of the pregnancy.

• Bed rest may help you feel better but there is no evidence it will reduce the likelihood of miscarriage.

• Use sanitary pads rather than tampons.

• We advise avoidance of sexual intercourse until your scan.

If you feel dizzy, in a lot of pain which is not relieved by paracetomol or co-codamol (codeine and paracetomol) or if you pass tissue then please phone the numbers below.

Why do I have my blood group checked?
Not every patient will need a blood group test. It will be decided at your appointment if it is necessary.

• Everyone has a blood Group A,B, AB or O. We also have positive or negative “Rhesus factor”.

• 15%* of UK population is Rhesus factor negative and if you are a Rhesus negative woman having bleeding during pregnancy you may be given “Anti-D” injection.
This is to prevent the development of blood proteins called antibodies which can cause anaemia in the baby. Prevention of these antibodies protects this pregnancy and future pregnancies and this treatment is very successful.

Ref: www.rcog.org.uk
www.nct.org.uk/pregnancy/rhesus-negative-blood-and-pregnancy
Contact telephone numbers and locations

Please contact these numbers if you need advice or support.

Dewsbury and District Hospital
EPAU : 01924 816268

Times: 8.30am - 16.30pm  Monday to Friday
Out of hours: Ward 14  01924 816001

Pinderfields Hospital
EPAU : 01924 541135

Time: 8.30am - 16.30pm, Monday to Friday
9am - 1pm  Saturday

If you would like details of how to get to any of our hospitals please go to: www.midyorks.nhs.uk

We are committed to providing high quality care. If you have a suggestion, comment, complaint or appreciation about the care you have received, or if you need this leaflet in another format please contact the Patient Advice and Liaison Service on: 01924 542972 or email: pals@midyorks.nhs.uk

To contact any of our hospitals call: 0844 811 8110
To book or change an appointment call: 0844 822 0022