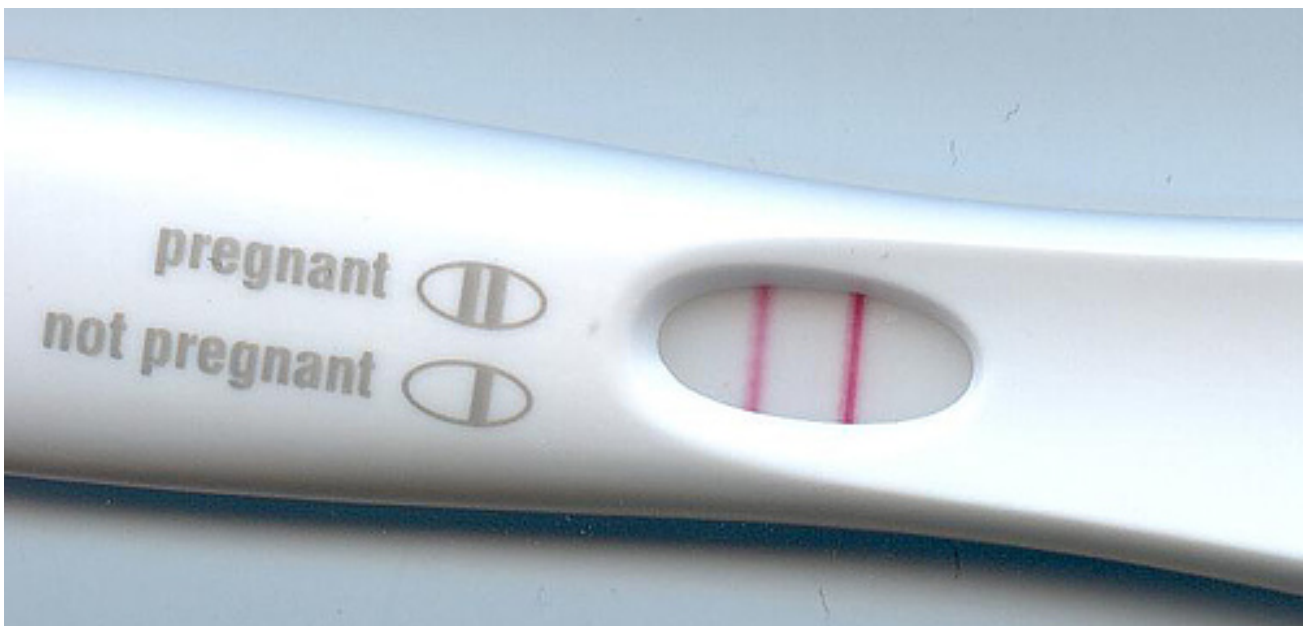


EARLY PREGNANCY INFORMATION



Chana can offer you support with concerns during early pregnancy. You can receive medical information or counselling from a Chana support worker.

Early Pregnancy Unit Information Leaflet

This data has been collated from various sources and is intended to be used as a resource for anyone needing support in the early stages of a pregnancy; assisted or otherwise. These units provide medical assessment and where needed treatment or guidance. They **do not** provide emotional support or counselling. **This is intended as a guide and is by no means comprehensive. All medical emergencies require immediate attention of the emergency services.**

Explaining: Pain & Bleeding in Early Pregnancy

We understand your concerns about having pain and/or bleeding in early pregnancy. We hope this information sheet will provide some information and reassurance to you and your partner. It also informs you what you should do next.

Introduction

Vaginal bleeding and pain in the early stages of pregnancy is common and does not always mean there is a problem. However, these symptoms can sometimes be warning signs of a miscarriage, ectopic pregnancy or, in rare cases, molar pregnancy. Therefore you will be offered assessment and tests to determine the cause. If all the tests are normal, and no cause for the bleeding has been found, then you need not worry, particularly if your symptoms have subsided.

Causes

In the majority of cases, investigations will show a normal pregnancy. This is termed a threatened miscarriage where bleeding and pain occurs but the pregnancy is alive. Sometimes, the pain and bleeding result from a miscarriage and the pregnancy is no longer alive. Occasionally, an ectopic pregnancy is found where the pregnancy is growing outside the womb such as in the Fallopian tube. There is a risk of significant bleeding from such pregnancies, and the bleeding may be internal and therefore not easily noticed. It is therefore important that you keep your appointment for follow-up, and/or present for medical attention if you feel unwell, have increase pain or bleeding. Rarely, the symptoms could result from a molar pregnancy where the placenta is abnormal.

Symptoms

You may experience bleeding, pain or both. If you miscarry, you may pass out the pregnancy in addition to blood and blood clots. It will be useful to bring this in in a safely sealed container for the doctor or nurse to examine. If you feel unwell, dizzy or experience severe pain or bleeding, you should seek medical attention immediately.

A list of contacts is at the end of this information sheet.

If you have any early pregnancy concerns please call our confidential helpline on:

020 8201 5774 or 020 8800 0018

NHS EARLY PREGNANCY UNITS

EARLY PREGNANCY UNITS IN LONDON

<p>Barnet Hospital Wellhouse Lane Barnet EN5 3DJ</p> <p>Clinic Times: Monday 09:00-13:00 Tuesday 09:00-13:00 Wednesday 14:00-18:30 Thursday 09:00-13:00 Friday 09:00-13:00</p> <p>Contact details: Tel: 020 8216 5233</p> <p>Referral: GP/A&E/Midwife</p>	<p>Chase Farm Hospital Essex Ward The Ridgeway Enfield EN2 8JL</p> <p>Clinic Times: Monday 09:00-12:00 Tuesday 09:00-12:00 Wednesday 09:00-12:00 Thursday 09:00-12:00 Friday 09:00-12:00</p> <p>Contact details: Tel: 020 8375 1958/020 8375 1686</p> <p>Referral: A&E/GP/Midwife</p>
<p>Chelsea & Westminster Hospital Foundation Trust 369 Fulham Road London SW10 9NH</p> <p>Clinic Times: Monday 09:00-13:00 Tuesday 09:00-13:00 Wednesday 09:00-13:00 Thursday 09:00-13:00 Friday 09:00-13:00</p> <p>Contact details: Tel: 020 3315 5073 Fax: 020 8746 5074</p> <p>Referral: GP/A&E/UCC/other multidisciplinary teams</p>	<p>St Thomas NHS Foundation Trust 8th Floor North Wing Westminster Bridge Road London SE1 7EH</p> <p>Clinic Times: Monday 08:30-19:00 Tuesday 08:30-19:00 Wednesday 08:30-19:00 Thursday 08:30-19:00 Friday 08:30-19:00 Weekends/bank holidays 09:30-15:15</p> <p>Contact details: Tel: 020 7188 0864</p> <p>Referral: Self/GP/A&E/Midwife</p>
<p>UK Homerton University Hospital Homerton Road Hackney London E9 6SR</p> <p>Clinic Times: Monday 09:00-13:00 Tuesday 09:00-13:00 Wednesday 09:00-13:00 Thursday 09:00-13:00 Friday 09:00-13:00</p> <p>Contact details: Tel: 020 8510 7861 Referral: Health professionals</p>	<p>King's College Hospital Suite 8, 3rd floor Golden Jubilee Wing Denmark Hill. London SE5 9RS</p> <p>Clinic Times: Monday 09:00-12:00 Tuesday 09:00-12:00 Wednesday 09:00-12:00 Thursday 09:00-12:00 Friday 09:00-12:00</p> <p>Contact details: Tel: 020 3299 3168 Fax: 020 3299 3471</p> <p>Referral: GP/Other Healthcare Professional/Self-referral accepted</p>

<p>Queen Charlotte's & Chelsea Hospital Du Cane Road London W12 0HS</p> <p>Clinic Times: Monday 09:00-13:00 - 14:00-16:30 Tuesday 09:00-13:00 - 14:00-16:30 Wednesday 09:00-13:00 - 14:00-16:30 Thursday 09:00-13:00 - 14:00-16:30 Friday 09:00-13:00 - 14:00-16:30</p> <p>Contact details: Tel: 020 8383 5131</p> <p>Referral: A&E/GP/other healthcare professionals</p>	<p>Queen Elizabeth Hospital Stadium Road Woolwich London SE18 4QH</p> <p>Clinic Times: Monday 09:00-12:00 Tuesday 09:00-12:00 Wednesday 09:00-12:00 Thursday 09:00-12:00 Friday 09:00-12:00</p> <p>Contact details: Tel: 020 8836 4897 Fax: 020 8836 4784</p> <p>Referral: GPs/ A&E</p>
<p>Royal Free Hospital NHS Trust Pond Street London NW3 2QG</p> <p>Clinic Times: Monday 08:30-20:00 Tuesday 08:30-20:00 Wednesday 08:30-20:00 Thursday 08:30-20:00 Friday 08:30-20:00</p> <p>Contact details: Tel: 020 7472 6374 Fax: 020 7830 2602</p> <p>Referral: Health professionals only</p>	<p>St Mary's Hospital Praed Street Paddington London W2 1NY</p> <p>Clinic Times: Monday 09:00-17:00 Tuesday 09:00-17:00 Wednesday 09:00-17:00 Thursday 09:00-17:00 Friday 09:00-17:00 Saturday 10:00-18:00</p> <p>Contact details: Tel: 020 7886 2185</p> <p>Referral: A&E/GP/family planning clinics</p>
<p>University College Hospital 235 Euston Road London NW1 2BU</p> <p>Clinic Times: Monday 09:00-17:00 Tuesday 09:00-17:00 Wednesday 09:00-17:00 Thursday 09:00-17:00 Friday 09:00-17:00 Weekends 09:00-13:00 (via A&E only)</p> <p>Contact details: Tel: 020 3447 9411 Fax: 020 3447 6598</p> <p>Referral: GP/A&E/other units</p>	<p>Whittington Hospital NHS Trust Magdala Avenue London N19 5NF</p> <p>Clinic Times: Monday 09:00-17:00 Tuesday 09:00-17:00 Wednesday 09:00-17:00 Thursday 09:00-17:00 Friday 09:00-17:00</p> <p>Contact details: Tel: 020 7288 3786 Fax: 020 7288 5934</p> <p>Referral: GP/A&E</p>

EARLY PREGNANCY UNITS IN MANCHESTER & GATESHEAD

<p>St. Mary's Hospital Oxford Road Manchester M13 9WL</p> <p>Clinic Times: 24 hour service - please telephone</p> <p>Contact details Tel: 0161 276 6204</p> <p>Referral: GP/A&E/Midwife/Self</p>	<p>North Manchester General Hospital Acute Pennine Trust Delauney's Road Crumpsall Manchester M8 5RB</p> <p>Clinic Times: Monday 09:00-17:00 Tuesday 09:00-17:00 Wednesday 09:00-17:00 Thursday 09:00-17:00 Friday 09:00-17:00</p> <p>Contact details Tel: 0161 922 3638 Fax: 0161 922 3185</p> <p>Referral: GP/Midwife/A&E</p>
<p>Salford Hope Hospital Salford Royal NHS Foundation Trust Stott Lane Salford M6 8HD</p> <p>Clinic Times: Monday 09:00-17:00 Tuesday 09:00-17:00 Wednesday 09:00-17:00 Thursday 09:00-17:00 Friday 09:00-17:00</p> <p>Contact details Tel: 0161 206 0095/0161 206 1480</p> <p>Referral: GP/A&E</p>	<p>Queen Elizabeth Hospital Women's Health Clinic Sheriff Hill Gateshead NE9 6SX</p> <p>Clinic Times: Monday 13:00-16:30 Tuesday 09:00-12:30 Wednesday 13:00-16:30 Thursday 13:00-16:30 Friday 13:00-16:30</p> <p>Contact details Tel: 0191 445 2146 Fax: 0191 445 6191</p> <p>Referral: GP/Midwife</p>

EARLY PREGNANCY UNITS IN NORTH EAST ENGLAND

<p>Royal Victoria Infirmary Queen Victoria Road Newcastle Upon Tyne NE1 4LP</p> <p>Clinic Times: Monday 08:00-16:30 Tuesday 08:00-16:30 Wednesday 08:00-16:30 Thursday 08:00-16:30 Friday 08:00-16:30</p> <p>Contact details Tel: 0191 282 5840 (appointments) 0191 282 5843 Tel (if you have concerns): 0191 282 5748</p> <p>Referral: GP/A&E/Midwife/GEAU</p>	
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020 8201 5774 or 020 8800 0018