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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Website: www.ashfordstpeters.nhs.uk

Pregnancy of Unknown Location (PoUL)

Women's Health



Further Information

The Miscarriage association

Helpline: **01924 200799**

www.miscarriageassociation.org.uk

The Ectopic Pregnancy Trust

www.ectopic.org.uk

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you remain concerned, PALS can also advise upon how to make a formal complaint.

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You may have an ectopic pregnancy that has not been seen. This can burst and cause internal bleeding.

3) Very low progesterone

If you have bleeding and we cannot see your pregnancy on the scan it is likely that you are having a miscarriage. We will monitor your hCG levels weekly until they drop below 25 iu/l. During this time expect to have some vaginal bleeding, this varies between women. If you have any severe pain you should attend Accident and Emergency, as we have not excluded an ectopic pregnancy.

Once the bleeding has resolved your normal periods should return over the following 4-6 weeks.

When can we try for a baby again?

We usually advise you to have one period before trying again so that you have a date to work out how far along you are. If you get pregnant before this, it should not harm the pregnancy.

Some women may need a longer time to recover emotionally, so try again when you feel the time is right for you.

Support

We hope that this leaflet answers any questions or concerns that you might have, please do not hesitate to speak to the Doctors or Nurses at your follow up appointments if there is anything you are unsure about.

You can also call the Early Pregnancy Unit; **01932 722662**.

Pregnancy of Unknown Location (PoUL)

We are sorry that we not been able to give you a definite answer today, this situation is called a pregnancy of unknown location (PoUL).

What is PoUL?

A pregnancy of unknown location means that you are pregnant but your pregnancy cannot be seen on a transvaginal ultrasound scan.

There are 3 possible reasons why we cannot see your pregnancy:

1) It is too early to see a normally developing pregnancy in the womb.

The urinary pregnancy test becomes positive at 3 weeks (or 7 days post conception). There can be a delay of approximately 1 week between a positive pregnancy test and a tiny gestation sac becoming visible on transvaginal scan. This is more likely to be the reason if you have not had any vaginal bleeding and you are not sure of the date of your last period.

2) It is an early miscarriage

This means that the pregnancy may have been be growing in your womb but it is not developing normally because it is going to miscarry, or may already have miscarried with any vaginal bleeding.

3) It is an Ectopic Pregnancy

This is where the pregnancy grows outside of your womb, usually in the fallopian tube. There is no specific hormone level when an ectopic pregnancy could be seen on scan.

What happens now?

We will take a sample of your blood for assessment of two pregnancy hormones, hCG (human chorionic gonadotrophin) and progesterone.

The level of hCG indicates how much placental tissue you have, and the level of progesterone indicates whether the pregnancy is growing.

The tests do not indicate where the pregnancy is. As we have not excluded the possibility of an ectopic pregnancy, (which has the potential to cause harm), we advise:

1. You remain within easy access of an Accident and Emergency department if required.
2. You avoid any strenuous exercise and also avoid sexual intercourse
3. As long as your vaginal bleeding is manageable no action is required
4. If your pain becomes unmanageable (requiring more than Paracetamol) or if you feel faint or pass out you should attend the Accident and Emergency department with the letter you have been given explaining your current situation. You should be seen by the duty gynaecologist.

If you remain well we can await the blood test results, we will ring you within the next working day, and advise you on what the results mean and what happens next.

These are the possible outcomes of the blood test results:

1) Low hCG and high progesterone.

This indicates a small, very early pregnancy that is growing. Once the hCG level is above 1500 it should be possible to see your pregnancy in the womb. We will arrange for you to return for a repeat scan when we think it will have reached this level.

2) Varying hCG quite low progesterone

The blood tests are not able to differentiate between an ectopic pregnancy and a miscarriage, but the progesterone level is usually quite low. In this case we will ask to come back to have the blood test repeated in 48 hours.

Following this if the hCG level is rising we will arrange to see for another scan.

If the level is the same or going down, it is more likely that you are having a very early miscarriage, we will continue to monitor the level weekly until it is below 25 iu/l.

During this time you will experience vaginal bleeding.

We will probably never know where the pregnancy was. For this reason if you develop severe pain, even if you have been told that your levels are falling, please attend Accident and Emergency.