

Bleeding and pain:

Advice and information for women and families

Bleeding and/or pain during your pregnancy

We understand that vaginal bleeding and pains in the early stages of pregnancy can be worrying, however this is common and does not always mean that there is a problem with your baby.

Bleeding can sometimes be a sign of a miscarriage, which can be painful and cause pains in your stomach and a lower back ache. The pains are caused when the uterus (womb) has to contract to open your cervix in order to pass blood and tissue.

A less common cause of this pain is an ectopic pregnancy. This is when the pregnancy is growing outside the womb, usually in the fallopian tube. Signs and symptoms include the list below (but can vary):

- Troublesome abdominal or pelvic pain
- Vaginal bleeding or not
- Diarrhoea
- Shoulder tip pain
- Dizzy spells, fainting, blackouts,
- Rectal pressure or pain on defecation
- Abdominal distension (feeling full or bloating, abdominal swelling)
- An increased heartbeat, more than 100 beats per minute

What should I do if I have bleeding and /or pain?

- Seek medical help and advice from your **GP**
- Contact the Early Pregnancy Unit on **01279 82 7107** (Monday-Friday, 8.30am to 4pm, except bank holidays and weekends).
- Out of hours, you can call **NHS 111** – you may be advised to attend the emergency department

If you are told to visit the emergency department, you will be assessed and reviewed by the appropriate clinician and a treatment plan will be created to management your symptoms.

If appropriate, you will be referred to our Early Pregnancy Unit and the team will contact you the next working day to arrange your appointment.

