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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 فون کریں: 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

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk

Pregnancy of Unknown Location (PoUL)

Women's Health



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 us at the Early Pregnancy Unit: **01932 722662**.

Further Information

The Miscarriage Association Helpline: **01924 200799**
www.miscarriageassociation.org.uk

The Ectopic Pregnancy Trust: www.ectopic.org.uk

Further Information

We endeavor 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 Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Dr C Gangoo, Miss Izuwah-Njoku

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- **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.

Once the bleeding has resolved your normal periods should return over the following 4-8 weeks if your periods are regular.

What to look out for?

As we have not excluded the possibility of an **ectopic pregnancy**, (which has the potential to cause harm), we advise you: -

1. to remain within easy access of an Accident and Emergency department in case you develop worsening symptoms.
2. that if you have significant pain (which is not controlled by Paracetamol), bleeding becomes unmanageable or if you became more unwell, you should attend the Accident and Emergency department with the letter/scan report you have been given explaining your current situation. You should be seen by the gynaecologist on call.
3. to avoid any strenuous exercise and also avoid sexual intercourse.

Pregnancy of Unknown Location

We are sorry we have not been able to give you a definite answer today regarding the outcome or progress of your pregnancy following the ultrasound scan. When we are unable to see a pregnancy on a scan, we say that you have a pregnancy of unknown location (PoUL).

Why were you unable to see my pregnancy on the scan?

There are 3 possible reasons this may happen:

- **It is too early to see a normally developing pregnancy in the womb.**

The urinary pregnancy test becomes positive at 3 weeks (or more than 7 days post conception). There can be a delay of approximately 1 week between a positive pregnancy test and a very early pregnancy being seen on a scan.

This is most 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.

- **It is an early miscarriage**

The pregnancy may have been growing in your womb but unfortunately it is not developing normally or you may already

have miscarried. This is the most likely reason if you have had heavy vaginal bleeding and the pregnancy has already been passed.

- **It is an Ectopic Pregnancy**

This is where the pregnancy grows outside of your womb, most commonly in the fallopian tube. It may be at an early stage of development and therefore it was not possible to see the ectopic pregnancy on a 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 correlates to the placental tissue developing and the level of progesterone indicates whether it is likely that the pregnancy is ongoing.

We aim to contact you later today to provide a plan of management after the blood results are released. If we are unable to contact you today, we will contact you on the next working day.

What do the blood results mean?

These are the possible outcomes of the blood test results:

- **Low hCG and high progesterone.**

This indicates a small, very early pregnancy that is growing. Once the hCG level is above 1000 IU/L 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.

- **Varying hCG and Low progesterone**

The blood tests are not able to differentiate between an ectopic pregnancy and a miscarriage if the progesterone level is low. Low progesterone is usually seen when the pregnancy is not likely to progress normally.

If your blood result falls in this range, we will ask you to come back to have the blood test repeated in 48 hours, to gather more information.

- If the hCG level is rising we will arrange for you to have another scan.
- If the level is going down, it is more likely that you are having a very early pregnancy loss. We will continue to monitor the level weekly until it is below 25 IU/L. During this time you may experience vaginal bleeding.

If your repeat blood test falls over a weekend or bank holiday, we will review your management on the next working day and individualize your care and this may involve you returning for a repeat scan rather than a blood test.