

# Caring for your health

## following salpingostomy surgery for an ectopic pregnancy

*You had an ectopic pregnancy, meaning that a fertilized egg was growing in your fallopian tube. In a treatment called salpingostomy, an opening was made in your fallopian tube and the pregnancy was removed.*

Though this surgery has a high success rate, sometimes part of the pregnancy is left in the tube. A blood test called Quantitative B-hCG – which measures a hormone produced during pregnancy – is done after the surgery to make sure that the pregnancy does not persist. The level of this hormone should slowly drop. This tells your doctor that the surgery was successful. If the B-hCG level does not drop, you may need further treatment.

### YOU MUST CONTACT THE OFFICE OF

Dr. \_\_\_\_\_

Telephone # \_\_\_\_\_ as soon as you get

home, to arrange for these blood tests.

If possible, go to the same lab each time for your blood tests. Take this information sheet with you when you see your doctor and if you return to the hospital.

The chart on the bottom of this page can be used to keep a record of when and where you have these important tests done:

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, CONTACT YOUR DOCTOR.** If you are unable to contact your doctor (or someone on-call for her/him), call Health Links - Info Santé at **204-788-8200** or **toll-free 1-888-315-9257**.

DAY	DATE	LOCATION	B-HCG LEVEL
1	<b>SURGERY DONE</b>		
4	<b>B-HCG TEST</b>		
7	<b>B-HCG TEST</b>		
14	<b>B-HCG TEST</b>		
21	<b>B-HCG TEST</b>		
28	<b>B-HCG TEST</b>		

### WHAT TO WATCH FOR, WHAT TO DO

#### PAIN

You may have mild pain in your abdomen for 2 to 4 days. If you start to feel faint or have severe pain in your abdomen, go to the Emergency Department at Health Sciences Centre or St. Boniface Hospital. This may mean that your ectopic pregnancy has ruptured.

#### BLEEDING

You may have vaginal bleeding like a heavy menstrual period.

- Use only sanitary pads. Change your pads often.
- Do not use tampons or douche

If you are soaking a pad every 30 minutes or passing large clots, you should call your doctor or go to the Emergency Department at Health Sciences Centre or St. Boniface Hospital.

#### HYGIENE

You may shower or sponge bath at any time. Do not tub bath, swim, or use a hot tub until your bleeding stops.

#### EMOTIONAL HEALTH

Losing a pregnancy may cause many emotions. Each woman will have her own way of dealing with this loss. Because an ectopic pregnancy occurs so early, you may have not even realized that you were pregnant. Many women feel confused and sad. Your partner may also feel similar emotions and need support as well. Members of our health care team will give you reading material about pregnancy loss. Please ask your nurse or doctor if you or your partner want further assistance to help deal with your feelings.

#### DIET

Eat your normal diet. Please do not drink alcohol until your doctor says it is okay to do so.

#### ACTIVITY

Do not have sex until your doctor says it is okay to do so.

#### CONTRACEPTION

Talk with your doctor about future pregnancies and about family planning.

