

Pregnancy of Unknown Location (PUL)

Gynaecology

Introduction

You have been told that you have a Pregnancy of Unknown Location (PUL). This is usually diagnosed after an ultrasound scan has been performed (most commonly due to pain and or bleeding in early pregnancy) which did not show any clear evidence of a pregnancy. This leaflet explains what a PUL is and what will happen next. If you have any concerns or questions, please speak to a doctor or nurse caring for you.

What is a Pregnancy of Unknown Location?

A PUL is when you have a positive pregnancy test, but it is too early to be seen conclusively on ultrasound scan.

What does this mean?

The following are possible reasons why the pregnancy cannot be seen on ultrasound scan.

- The pregnancy is in the womb but is too early to be seen on ultrasound scan
- You may already have had a miscarriage. A separate leaflet is available if you are diagnosed with a miscarriage
- You may have an ectopic pregnancy.

Until we can see a pregnancy inside the womb we cannot exclude an ectopic pregnancy. Ectopic pregnancy is a common, potentially life-threatening condition. It is for this reason you should be monitored carefully to diagnose ectopic pregnancy early to avoid or to reduce its complications.

What happens next?

To help us find out where the pregnancy is developing, we need to check your pregnancy blood hormone levels (called Beta-HCG) and see how this is changing over a 48 hour period. This hormone level is the same hormone that gives you a positive pregnancy test, but we can measure it more accurately in your blood.

The blood sample will be taken and if you are well enough you will be allowed home and given an appointment to return in 48 hours for another blood test.

These levels will be then compared to assess the trend.

Following this, you will be contacted by telephone and follow-up arrangements will be made depending on these blood levels.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Follow-up may be one of the following:

- Appointment for another scan
- Appointment for review in clinic
- Home pregnancy test in three weeks if levels are falling and the pregnancy is likely to be failing.

Do I need any further interventions?

If the final diagnosis is either early intrauterine pregnancy (an early pregnancy growing in the correct place) or complete miscarriage you will not need any further intervention. However, if you were found to have an ectopic pregnancy you will be seen by a senior gynaecology doctor and treatment options will be discussed. The choice about which treatment is best for you will be made together with your doctor. This will be based on the risks and benefits of the treatment and individual circumstances.

What should I do if I feel unwell?

You should contact the Early Pregnancy Assessment Unit (EPAU) or NHS 111 (see contact numbers and times later in this leaflet) if you experience any of the following symptoms.

- Abdominal pain which is getting worse despite pain relief (such as Paracetamol)
- Heavy vaginal bleeding
- Pain in your shoulder tips
- Feeling light-headed, dizzy or faint.

If you are in severe pain or bleeding heavily and you cannot contact anyone on the telephone numbers (found in the contact details later on in this leaflet), please go immediately to your nearest Emergency Department. Call an ambulance, if necessary.

Is there anything that I should or should not do?

- You should be able to do most things normally until we confirm your diagnosis
- We suggest that you remain in the local area and, in particular, avoid any foreign travel
- You should avoid strenuous exercise and sexual intercourse.

We understand that this is a very difficult time for you, so please do not hesitate to contact the EPAU, if you need any help or support during your course of treatment.

Useful contact details:

Early Pregnancy Assessment Unit

01902 694606

Monday to Friday, 8:30am – 4:30pm

Saturday, 8:30am – 1:00pm

The Miscarriage Association

Helpline: 01924 200799

www.miscarriageassociation.org.uk

The Ectopic Pregnancy Trust

Helpline: 020 7733 2653

www.ectopic.org.uk

<http://www.babyloss.com>

SANDS

(Stillbirth, miscarriage and Neonatal death support)

0207 4365881

NHS 111

<https://111.nhs.uk/>

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。