

FOLLOW-UP INFORMATION & INSTRUCTIONS FOR MEDICAL ABORTION



STARTING YOUR ABORTION

Inside the Mifegymiso medication box, you will find one BLUE box and one ORANGE box

Step 1: you will swallow the MIFEPRISTONE (ONE tablet in BLUE box):

- This pill will begin the abortion process.
- Most people have little to no side effects with this medication.
- You may start to bleed or cramp a bit but you still need to take the misoprostol (Step 2) as directed below.
- If you have been nauseous during your pregnancy, you may wish to take medication to prevent nausea (i.e. Gravol) before swallowing the mifepristone. If you vomit within an hour of taking the mifepristone, call us. If you vomit after 1 hour, the medication will still work.

Step 2: you will open the MISOPROSTOL (FOUR tablets in ORANGE box):

WHEN TO USE THE MISOPROSTOL: At least 24 hours (1-2 days) after you swallow the MIFEPRISTONE

- This medication will help push out the pregnancy tissue.
- **For best pain relief, take Naproxen 500mg OR ibuprofen (Advil) 800mg 1 hour before inserting the misoprostol. This medication may cause stomach upset (take with food).**
- If you have been very nauseous during your pregnancy, you may also wish to take Gravol 1 hour before the misoprostol.

HOW TO TAKE:

- Wash your hands and remove the pills from the box
- **Choose ONE method:**
 - A) Place 2 of the tablets deep in each cheek pouch (4 total) between your cheek and lower gums. Keep the tablets there for 30 minutes and do not eat or drink during this time. After 30 minutes, swallow the rest of the tablets.

OR

B) Place all 4 tablets deep inside the vagina and lie down for 20 minutes.

- Cramping and bleeding usually start 1 to 4 hours later
- Drink lots of **clear** fluids (juice, pop, broth, tea)
- Eat lightly because of the possibility of vomiting
- **If you are between 9-10 weeks pregnant, you will take a 2nd dose of this medication 4 hours after the first dose.**

MIFEGYMISO SCHEDULE:

Step 1: You will swallow the MIFEPRISTONE on _____ at _____

Step 2: Take naproxen 500mg or ibuprofen 800mg 60 minutes before taking MISOPROSTOL

You will insert all 4 MISOPROSTOL tablets –

a) 2 in each cheek pouch – and keep there for 30 minutes

b) deep in the vagina – and lie down for 20 minutes

Between _____ at _____ and _____ at _____

Based on your last menstrual period (or other testing) we believe you to be _____ weeks pregnant.

If you are **9-10 weeks pregnant**, you will take a 2nd dose of misoprostol (4 pills) **FOUR HOURS AFTER** your first 4 pills at:

MANDATORY FOLLOW-UP VISIT: (A or B)

At the HAMILTON BIRTH CONTROL CLINIC: You will have an assessment to ensure the abortion has been successful.

(Date) [1-2 weeks no IUD insertion, 2 weeks with IUD insertion]

PHONE FOLLOW-UP: Blood work at your local lab on _____

Phone call from doctor on _____ at _____

BE SURE TO KEEP YOUR FOLLOW-UP APPOINTMENT. If you are unable to follow the above instructions or keep your follow-up appointment, please call the Hamilton Birth Control Clinic at 289-225-4322 Monday to Friday between 9:00 am – 5:00 pm.

WHAT TO EXPECT

Cramping in the lower abdomen is normal and is the worst when your body is trying to pass the pregnancy tissue. Cramping often starts before the bleeding, within 2 hours of taking misoprostol. To help manage the cramps, you can rest, use a heating pad, massage* your lower belly, or take medications. **If the pain is not helped by naproxen 500mg or ibuprofen 800mg, you may use 1-2 Tylenol #3 tablets taken 4 hours apart as a backup.** This medication may cause nausea. After the pregnancy tissue passes, cramping is usually mild and stops within 2-3 days.

***Uterine massage** is done by taking the fingertips of both hands and pressing into your belly just above the pubic bone. This can be done for 5 minutes a few times a day to help move clots through and decrease bleeding and cramping.

Bleeding starts between 30 minutes and 24 hours of using misoprostol, usually within 2-4 hours. It is usually heavier than a period, sometimes with large clots. You may notice passing a small amount of white tissue or clot the size of a grape. This is the pregnancy tissue. After the second day, the bleeding should decrease to no more than a light-moderate period. The bleeding/spotting may continue for a few weeks. We recommend that you use pads for the first few days to allow you to monitor your bleeding until the bleeding slows down.

Sexual activity: You should avoid unprotected vaginal intercourse until your follow-up has determined that the abortion is complete. It is important for you to have a birth control plan in place because you can get pregnant before you get your first period.

Pregnancy symptoms: Nausea and vomiting usually go away in a few days. Chest/breast tenderness, fatigue, and mood swings can take 2 weeks to go away but should improve.

Pregnancy hormones (bhcg) remain in your body for up to 4 weeks after a medical abortion, so please **do NOT do a home pregnancy test sooner than 4 weeks after your abortion**, as it may be falsely positive.

Birth control: You can get pregnant again within one week of having a medical abortion, even if you are bleeding. If you don't want to be pregnant, know that:

- Condoms can be used immediately
- Birth control pills/patch/ring or DepoProvera or Micronor can be re-started the day after Step 2 (misoprostol)
- IUDs can be inserted once the abortion is confirmed to be complete

EMERGENCIES:

Emergencies are rare but it is important to be prepared.

- It is important for you to be able to call us
- Consider who will drive you to the nearest hospital (ideally within one hour away) if necessary

GO TO EMERGENCY ROOM/CALL IF YOU HAVE:

- Excessive bleeding (soaking more than 2 large sanitary pads per hour for 2 consecutive hours)
- Severe abdominal pain not managed by the pain medications
- Continued vomiting or if you cannot keep fluids down for more than 6 hours
- A fever greater than 38C that starts more than 24 hours after taking misoprostol
- A feeling of severe dizziness or fainting, chills, or shortness of breath
- Symptoms of a tubal pregnancy: increasing one-sided pelvic pain, sharp shoulder pain

HOW TO CONTACT US:

Monday to Friday 9:00 am – 5:00 pm: Call our clinic 289-225-4322 to speak with reception and our nurse.

If you feel your symptoms are so bad you cannot wait for a return phone call, go to your nearest emergency room and TAKE THIS FORM WITH YOU. If you are not sure if you should go to the emergency room, please call us.

FOR URGENT MEDICAL ISSUES: Call our answering service at (number to be provided to you) to leave a message for our on-call doctor. Please listen carefully to the voicemail recording and note that a return call may take up to 4 hours.