

HOME INSTRUCTIONS for MEDICATION ABORTION

FOR AFTER-HOURS EMERGENCIES: 1-866-494-6365

Today you will take one tablet of **Mifeprex** to start your abortion. This medicine will stop the growth of the pregnancy. A second medication, **misoprostol**, will help your uterus expel the pregnancy. To be effective, misoprostol must be taken **no sooner than 24 hours and no later than 48 hours after you take Mifeprex**. We will give you the misoprostol to take home: (four tablets) to take in 24 - 48 hours. You may have slight nausea for a short time today, after taking Mifeprex. Please call us if you have heavy bleeding before taking misoprostol.

Date and time you plan to take misoprostol: _____.

After taking misoprostol, you must plan to stay home for up to 24 hours while the abortion process takes place. It is best to have a support person with you until the abortion is over. If this is not possible, be sure you have access to a telephone. If you have an emergency, call 9-1-1.

Before taking misoprostol you will need:

- a bottle of ibuprofen (Advil, Motrin, etc.)
- a bottle of acetaminophen (Tylenol)
- prescription anti-nausea medication
- a large box of maxi-pads
- a thermometer
- a heating pad or heat wrap
- a 24-hour period free of any responsibilities

One hour before taking misoprostol:

- Take prescription anti-nausea medication as directed.
- Eat a healthy meal, and start drinking plenty of fluids.
- Take 800mg of ibuprofen.
- Take 1000mg of acetaminophen .

After one hour: Place two tablets of misoprostol between your left cheek and gum, and two tablets between your right cheek and gum, on the lower gum line. Let the tablets dissolve for 30 minutes and do not drink anything. After 30 minutes you may swallow any remaining pieces with a glass of water.

After you have taken misoprostol: Put on a pad and wait for bleeding to start. Most women begin to bleed within 2 to 3 hours, but it can start sooner or later. **Most women have several hours of moderate bleeding, which may then become very heavy as you pass the pregnancy tissue.** Heavy bleeding and severe cramping may last several hours. Possible side effects include nausea, vomiting, diarrhea, chills and/or a slight fever that comes and goes within 24 hours.

(OVER)

Call EHC if the following occur within the next 24 hours after taking misoprostol:

- You are saturating 2 maxi-pads per hour for more than four hours.
- You have severe vomiting or diarrhea, weakness, dizziness, or ringing in your ears.
- You have a temperature over 100 degrees F. that lasts longer than four hours.
- Your pain is not being managed with rest, heat, and ibuprofen (800mg every 8 hours)

After twelve hours, if you have not bled, or have had only light bleeding, you might not have expelled the pregnancy and may need another dose of misoprostol . We can call the misoprostol prescription into your local pharmacy. We ask that you please only call us between the hours of 8:30 am to 5:30 pm with this request. Take the second dose of misoprostol the same way that you took the first dose. If you still have not bled after twelve more hours, please call the Health Center so that we can advise you of your options.

It is important for you to know that there is no one “right” way for the abortion to happen. While in most cases the abortion is complete within about 6 hours and is similar to a heavy period, the amount of pain and bleeding and the length of time can vary a great deal from woman to woman.

After your first dose of pain medication, for pelvic cramping you can take 800mg of ibuprofen every 8 hours . *Do not take more than 2,400mg ibuprofen in a 24 hour period.* If you still have cramps after taking ibuprofen, you can also take between 650mg to 1000mg acetaminophen (Tylenol) every 4 to 6 hours. *Do not take more than 3000mg of acetaminophen in a 24 hour period.* Try ibuprofen first as it is usually better for uterine cramping. Within 24 hours you should be feeling well. Pregnancy symptoms should lessen over the next week. Light to heavy bleeding may continue for up to several weeks. In three weeks, a day or two of sudden, very heavy bleeding may occur. Call us if it is excessive or doesn't let up in several hours. You can expect your next menstrual period in 4 to 6 weeks. It may be heavier than usual.

Until your check-up:

- To reduce the chance of infection, do not have sexual intercourse. You can get pregnant again right away, so you will need an effective birth control method before resuming sex.
- Rest as needed and continue drinking plenty of fluids.
- Take your temperature if you are not feeling well.
- Tampons are okay once it has been 24 hours after passing the pregnancy tissue.
- Start your birth control method as directed.
- Keep this handout and take it with you if you need to be seen at an emergency room.
- Come back in one week for a check-up to make sure your abortion is complete.*

Call us if these occur:

- Your temperature is over 100 degrees F. for more than four hours.
- Very heavy bleeding continues (saturating 2 pads per hour for more than two hours).
- You have the following symptoms, *even if you don't have a fever*: abdominal pain or tenderness, nausea, vomiting, diarrhea, flu-like symptoms, weakness or dizziness, foul-smelling vaginal discharge, or feeling generally unwell.
- You don't get your period in 4 to 6 weeks.

We want to hear from you if you are having any problems. It is easier for us to help you during working hours, so please don't hesitate to call during the weekday if you think a problem may be developing. For an urgent question or emergency outside of regular business hours, call our answering service and they will page the on-call staff person. If you do not get a return call within 15 minutes, please call again.

OFFICE HOURS: M-Th 8:30 AM TO 5:30 PM & Fri 8:30 AM TO 4:30 PM (603) 225-2739

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