



32 E 1st Street, Suite 300
 Duluth MN, 55802
 (218) 727-3352

Name: _____
 DOB: _____ Age: ____
 Date: _____

Home Care Instructions for Medication Abortion

Medication abortion is a two-step process. Step 1 consists of taking the first abortion medication called Mifepristone (Mifeprex) in clinic. Step 2 consists of taking the second abortion medication called Misoprostol at home 24-48 hrs. later. You will receive two doses of Misoprostol to take at home four hours apart. Each Misoprostol dose contains four pills.

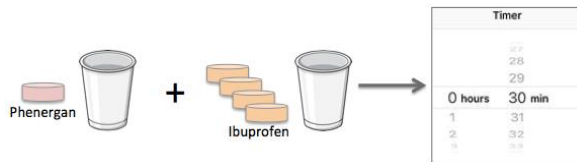
Step 1 - Completed in clinic:

On _____ at _____ a.m./p.m. you took **Mifepristone (Mifeprex) – the first abortion medication** to stop the pregnancy from growing. You will probably not feel any different after taking this pill. You may have some vaginal bleeding. You can continue all of your regular activities. Continue to eat meals normally.

Fill your prescriptions for Phenergan 25 mg and Percocet 5/325 mg at any pharmacy. Phenergan is used for nausea and Percocet is used as needed for pain. We recommend filling the prescriptions today. Fill them in Duluth if you are from out of town. If you have out-of-state Medical Assistance, the prescriptions may not be covered by your insurance. The two prescriptions should cost less than \$30.00. Make sure you have ibuprofen (Advil or Motrin) 200 mg tablets at home.

Step 2 - Completed at home 24 to 48 hours later:

- a. Between _____ a.m./p.m. on _____ and _____ a.m./p.m. on _____ take 1 nausea pill (Phenergan) and 4 ibuprofen pills (four 200mg pills for a total of 800 mg). Wait 30 minutes.

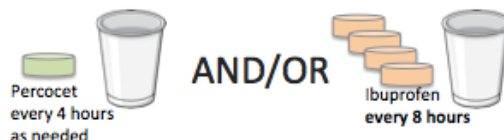


- b. Take **Misoprostol – the second abortion medication** *This is the most important step* Place four Misoprostol pills inside your cheeks, 2 on each side. Wait 30 minutes, then swish and swallow. Place a maxi-pad in your underwear at this time.
- c. Depending on gestational age, you may receive a second dose of **Misoprostol to take four hours later**. Place four Misoprostol pills inside your cheeks, 2 on each side. Wait 30 minutes, then swish and swallow.



For additional pain relief:

If you need more pain relief you may take 1 Percocet every 4 hours. You may also take 4 ibuprofen pills (four 200mg pills for a total of 800 mg) every 8 hours. You can also use a heating pad and uterine massage to relieve discomfort.



What to Expect after Step 2:

Misoprostol – the second abortion medication causes cramping and bleeding, often with clots. The cramps usually start immediately or within a few hours after taking Misoprostol, and may last for 3 to 5 hours. Cramping and bleeding may be much heavier than you would get with a period. Clots can be the size of golf balls. You may see recognizable fetal parts within the clots. Some people experience a slight fever, chills, nausea, vomiting, or diarrhea. This is common and does not mean that anything is wrong.

- **Expected Bleeding:** the bleeding is usually heavy for the first few hours. Clots may be bigger than with your period. Although you may have a lot of bleeding, it is usually not dangerous; this means the treatment is working. * *If you are soaking more than 2 pads an hour for over 2 hours in a row, please call WE Health Clinic.* *
You may have light to moderate bleeding for 2 to 3 weeks. During this time, the bleeding may stop and start several times. * *Do not use tampons for 1 (one) week or put anything in your vagina for 1 (one) week.* *
- **Expected Cramping:** for pain relief take 4 ibuprofen pills (four 200mg pills for a total of 800 mg) every 8 hours. For example: ibuprofen 800 mg (4 pills of 200mg) at 8:00 a.m., 4:00 p.m., and midnight. If you need something stronger, take 1 Percocet every 4 hours. For example: at noon, 4:00 p.m., and 8:00 p.m. You can also use a heating pad, drink some warm tea, or try uterine massage to relieve pain.
- **Nausea:** some people experience nausea and vomiting after taking Misoprostol. You may take Phenergan 25 mg every 4-6 hours as needed for nausea.

When to call WE Health Clinic:

- *If you do not bleed at all 24 hours after Step 2*
- *If you are soaking more than 2 pads an hour for more than 2 hours in a row*
- *If you are passing clots larger than golf ball size*
- *If your pain isn't helped by ibuprofen, Percocet, and/or a heating pad*
- *If you have a temperature over 100°F (38°C) for longer than 4 hours*
- *If you have foul smelling vaginal discharge*
- *If you have any questions or concerns*

***We are available 24 hours a day to answer
your call***

218-727-3352

*Please be sure to turn off call blocking on your phone,
so we can call you back.*

Follow-up:

Your follow-up phone call is scheduled for: _____

You will receive a text message reminder one business day prior to your follow-up phone call

You will be due to take a home pregnancy test on: _____

You will receive a text message reminder a few days before you are due to take a pregnancy test

Birth Control:

If you plan on using birth control pills, the patch, or the ring, start **this Sunday:** _____

Start using your birth control this Sunday even if you are still bleeding. If you plan on getting an IUD or implant, this can be placed at a follow-up visit if arranged ahead of time.

If you go to the Emergency Room, please take this form with you.