

Home Care Instructions for Medication Abortion 9-11 Weeks

Medication abortion involves taking two different medications to end a pregnancy. The first abortion medication, Mifepristone (Mifeprex) 200 mg, stops the pregnancy from growing. You will probably not feel any different after taking this pill. You may have some vaginal bleeding or nausea. You can continue your regular activities.

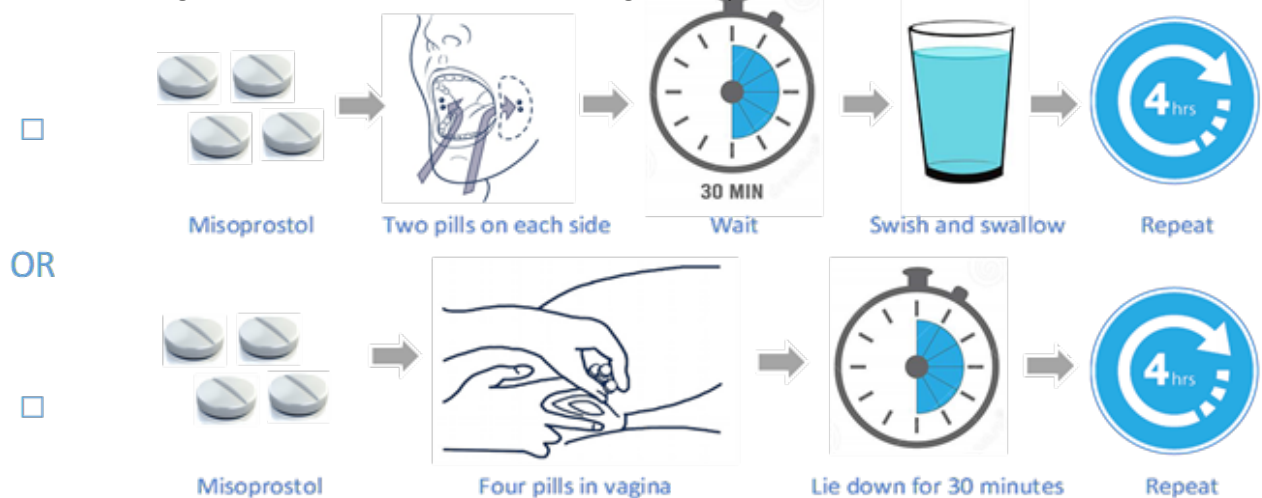
The second abortion medication, Misoprostol 800 mcg, is taken at home 24-48 hours later and causes cramping and bleeding, often with clots, starting immediately or within 2-5 hours. The heaviest bleeding and cramping lasts 3-5 hours. Clots can be the size of golf balls or larger. You may see recognizable fetal parts within the clots. Although you may have a lot of bleeding, it is usually not dangerous, and means the treatment is working. You may experience a slight fever, chills, nausea, vomiting, or diarrhea the day you take Misoprostol. This is common and does not mean that anything is wrong.

Fill your prescriptions for Phenergan and Percocet at a pharmacy of your choice, and buy some ibuprofen before you take Misoprostol. Phenergan is used for nausea and Percocet and ibuprofen are used for pain.

Step 1 – Mifeprex Date and Time: _____ at _____

Step 2 – TWO doses of Misoprostol in 24 to 48 hours: _____

How to take Misoprostol: 30 minutes before, take one Phenergan and four 200 mg ibuprofen pills. Place four Misoprostol pills inside your cheeks, two on each side. Place a maxi-pad in your underwear at this time. Wait 30 minutes, then swish and swallow. OR place all four pills in the vagina and lie down for 30 minutes. Repeat dose in four hours. Take four 200 mg ibuprofen pills every 8 hours as needed for pain. Take one Percocet every four hours as needed. You can also use a heating pad and uterine massage to relieve discomfort. Take Phenergan every 4-6 hours as needed for nausea and vomiting.



Reasons to Call the Clinic:

- No bleeding at all 24 hours after taking Misoprostol
- Heavy bleeding and clotting that doesn't decrease within 24 hours after taking Misoprostol
- Soaking 2 maxi pads in an hour for 2 hours in a row
- Pain that isn't relieved by ibuprofen, Percocet, or heating pad
- Temperature over 100°F for longer than 4 hours the day after Misoprostol
- Foul smelling vaginal discharge
- Pregnancy symptoms aren't going away
- Positive pregnancy test four weeks after Misoprostol
- Any questions or concerns

Call us with questions or concerns
(218) 727-3352
We are available 24 hours a day



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

What to expect after your medication abortion: You may have light, moderate or heavy bleeding for 2 to 4 weeks. During this time, the bleeding may stop and start several times. Do not use tampons for one week or put anything in your vagina for one week. Your pregnancy symptoms, such as nausea or breast tenderness, will start to go away within one week. Bleeding will decrease over 4 weeks.

If you are starting the birth control pill, patch, or ring take the first dose 3 days or the first Sunday after taking Misoprostol.



Confirmation that Medication Abortion is Complete

Both Steps Are Needed



Follow-up Step 1 – text or phone call on: _____ text phone call in clinic

We will ask you the following questions:

1. Did you have cramping and bleeding, like a period or heavier within 24 hours after taking misoprostol?
2. Is your bleeding lighter now than the heaviest bleeding after misoprostol?
3. Are your pregnancy symptoms going away?
4. Do you feel like you passed the pregnancy?

If you answer no to one or more questions, we can't be certain that the medication abortion worked. If you answer yes to all, you will take the pregnancy test we gave you at four weeks after Misoprostol. If you take the pregnancy test sooner than four weeks, it may still show a positive result. If your result is positive at four weeks, call the clinic. If negative, no need to call.

Follow-up Step 2 – pregnancy test due: _____ *Call the clinic if positive*

Sometimes a home pregnancy test will still be positive at 4 weeks after a medication abortion. Call the clinic if you see a positive result and we will determine whether you should be seen for a follow-up OR wait and take another test in one week. We provide two home pregnancy tests in case you need to repeat the test.