

Home Care Instructions for Telehealth Medication Abortion

Step 1 – take mifepristone and write down the date and time: _____

- Stops the pregnancy from growing
- May cause some vaginal bleeding or nausea

----- Wait at least 24 hours before taking Step 2 -----



Step 2 – take misoprostol 24 to 48 hours after mifepristone

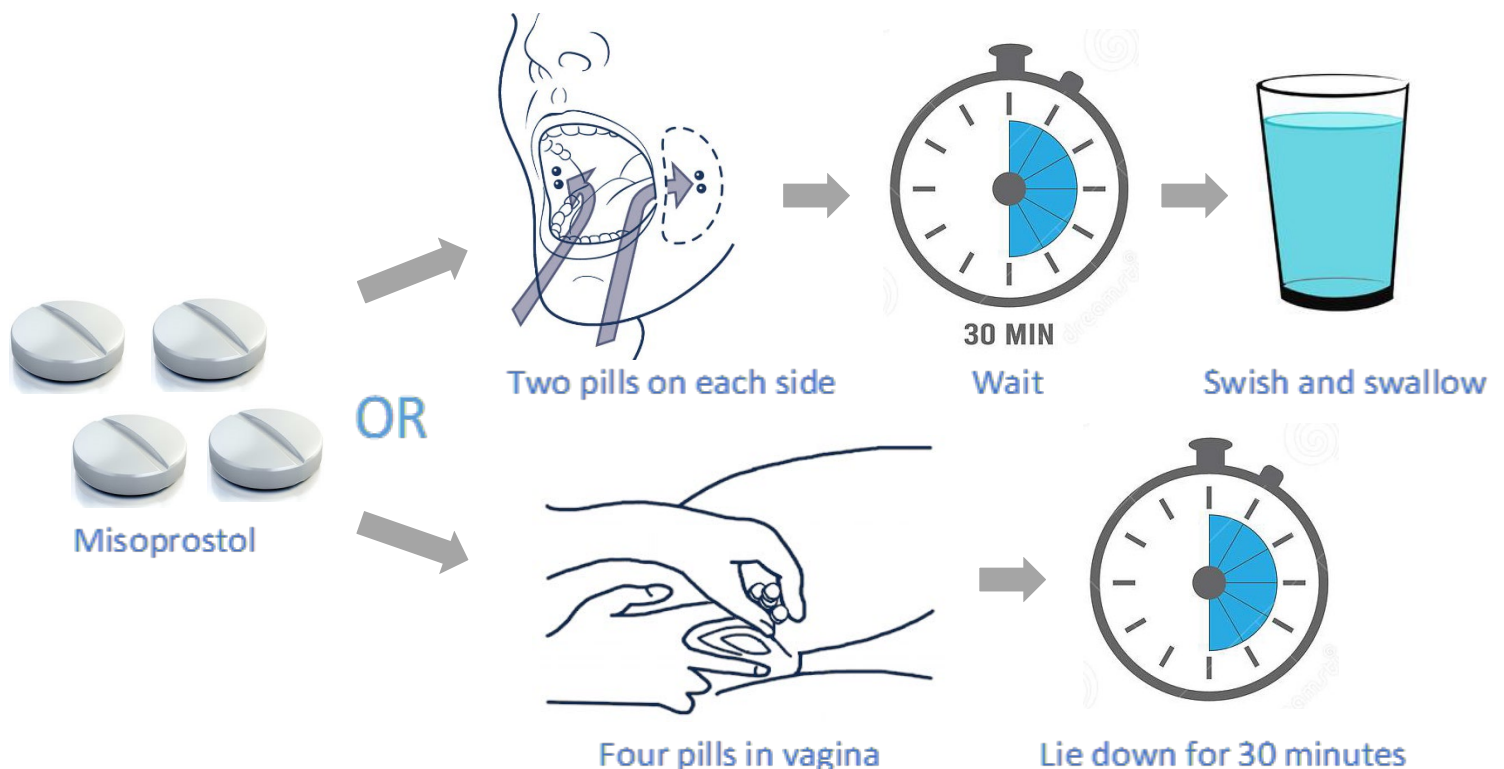
- Causes cramping and bleeding, often with clots, usually within 2-6 hours
- May cause fever, chills, nausea, vomiting, or diarrhea the same day it is taken
- Heaviest bleeding and cramping usually lasts 3-5 hours
- Clots can be up to the size of a lemon
- Bleeding means the medication is working
- Fetal parts may be seen within the clots

How to take misoprostol: Wash your hands with soap and water. Place four misoprostol pills inside your cheeks OR in your vagina as pictured below. Vaginal use decreases the side effect of nausea. Place a maxi pad in your underwear at this time. Two doses are included in your package. Repeat in 4 hours if needed.

Second dose of misoprostol:

For pregnancy under 63 days: if you don't have any bleeding after the taking the first dose, repeat misoprostol in 4 hours

For pregnancy 63-70 days: repeat misoprostol in 4 hours



To manage pain and nausea:

- **30 minutes before taking misoprostol** take one 800 mg ibuprofen tablet and one 25 mg meclizine chewable tablet
- Repeat ibuprofen 800 mg every 6 hours as needed for pain (do not exceed maximum daily dose of 3200 mg)
- Repeat meclizine 25 mg every 6 hours as needed for nausea and vomiting
- Use a heating pad and uterine massage
- Add acetaminophen (Tylenol) 1000 mg every 6 hours if needed for additional pain control



Confirmation that Medication Abortion is Complete *Both Steps Are Needed*



Follow-up Step 1 – you will receive a text message on: _____

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 YES to all of the above questions, your abortion is likely complete. If you answer NO to one or more questions, we can't be certain that the medication abortion worked. Contact the clinic to make a plan.

Follow-up Step 2 – you will take a home pregnancy test five weeks after taking misoprostol. Note the date this is due.

My pregnancy test will be due on: _____ *Call the clinic if positive*

Sometimes a home pregnancy test will still be positive at five 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. If you take the pregnancy test sooner than five weeks, it may still show a positive result. If your result is positive at five weeks, call the clinic. If negative, no need to call.

What to expect after your medication abortion: You may have light, moderate or heavy bleeding up to 4 weeks after the abortion. 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. Regular periods usually resume with 8 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.

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



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 or heating pad
- Temperature over 100°F for longer than 4 hours the day after misoprostol
- Nausea, vomiting, diarrhea, weakness, and/or fever more than 24 hours after misoprostol
- Pregnancy symptoms aren't going away
- Positive pregnancy test five weeks after misoprostol
- Any questions or concerns

Please know where your nearest emergency room is. If you need to go in, please take this form with you.