

Home Care Instructions for Medication Abortion

Step 1 – mifepristone date and time: _____

- Blocks the pregnancy hormone progesterone and makes Step 2 more effective
- May cause some vaginal bleeding or nausea
- No activity restrictions

----- 24-48 hours after taking mifepristone -----



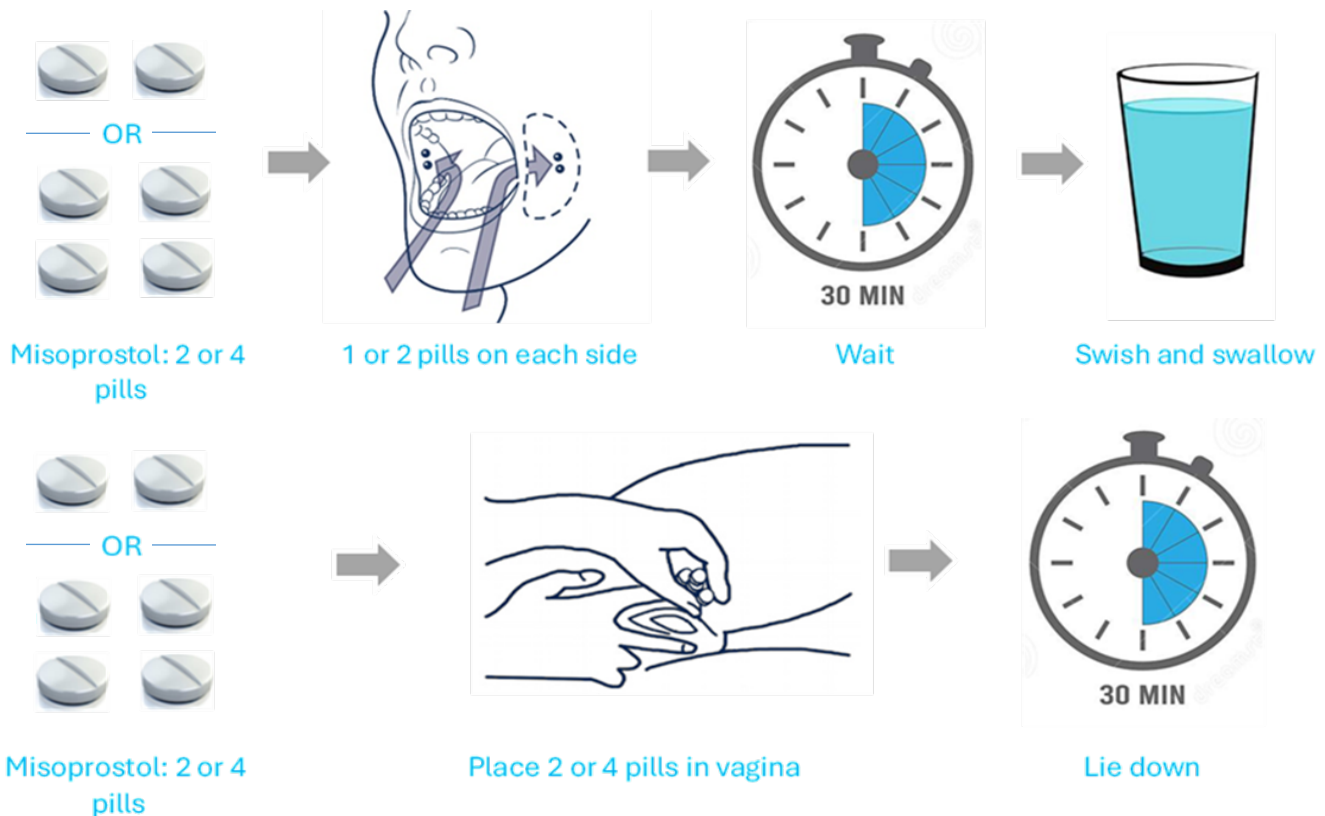
Step 2 – take **misoprostol** 24 to 48 hours after mifepristone:

- Causes cramping and pain (can be severe) and bleeding, often with clots, usually starting within 0-4 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 large (lemon size or more)
- Bleeding means the medication is working
- The pregnancy usually passes within 4-24 hours of taking the misoprostol
- Use pads, not tampons or menstrual cups.

How to take misoprostol: Wash your hands with soap and water. Dissolve misoprostol pills in your mouth OR in your vagina as instructed below. Vaginal use decreases the side effect of nausea. Vaginal tablets may come out but are effective if they've been in place for 30 minutes. Tablets may be visible on a pelvic exam for a few days after placement. For repeat doses, if you are already bleeding, dissolving in the mouth is preferred.

Doses of misoprostol:

- ☐ **For pregnancy under 9 weeks:** Use 4 tablets per dose. If you don't have any bleeding four hours after taking the first dose of misoprostol, take a second dose of misoprostol.
- ☐ **For pregnancy 9-11 weeks:** Use 4 tablets per dose. Take two doses 4 hours apart.
- ☐ **For pregnancy 12-14 weeks:** Use 2 tablets per dose. Take a dose every 3 hours until the pregnancy passes. Up to 6 doses may be needed.
- ☐ **For bleeding more than 4 soaked maxi pads in 2 hours:** dissolve 4 tablets by mouth if it has been 3 hours since last dose.



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 (no more than the maximum daily dose of 3200 mg) and meclizine 25 mg every 6 hours as needed for nausea and vomiting
- Use a heating pad, uterine massage, warm bath/shower, whatever makes you comfortable
- Add acetaminophen (Tylenol) 1000 mg every 6 hours (no more than the maximum daily dose of 3200 mg) if needed
- Pain can range from mild to severe and usually peaks around the time the pregnancy passes.

What the pregnancy looks like and what to do with it: At less than 9 weeks, a sac with fluffy placenta-like tissue can be visible. After 9 weeks, in addition to the sac/placenta, it is normal to see head, eyes, spine, arms, legs, and other body parts. After 12 weeks the body parts are easier to see. How much you see depends on how closely you are looking and how far along the pregnancy is. It is your choice how to dispose of the pregnancy. Up to 12 weeks, the pregnancy can be buried, placed in the garbage, or flushed down the toilet. After 12 weeks, the pregnancy may be too large to flush. In that case we recommend double wrapping in dark/non see through plastic and disposing in the garbage or burying it. You can bring the pregnancy to our clinic to dispose of through a funeral home we work with.

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

Follow-up Step 1 – you will receive a text message approximately one week after taking the medications.

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 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, call the clinic. If negative, there is 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 within 8 weeks. You can get pregnant right after your abortion if you have unprotected intercourse.

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

What feelings do people have after abortions? Having a wide range of feelings is normal. Most people feel relieved and do not regret their decision. Others may feel sad, guilty, or regret after an abortion just as they may after having a baby. If your mood keeps you from doing the things you usually do each day, call us. We can help or refer you to someone who can.

Reasons to Call the Clinic:

- No bleeding at all 24 hours after taking misoprostol
- *Soaking through 2 maxi pads in an hour for 2 hours in a row* - if you are bleeding this much you should take the extra dose of four tablets of misoprostol by dissolving in your mouth and call us
- Pain that is not reduced with ibuprofen, acetaminophen, heat, or pain that seems abnormal to you
- Very heavy bleeding and clotting that doesn't decrease within 24 hours after taking misoprostol
- Persistent fever (temperature over 100°F) the day after misoprostol or beyond
- Nausea, vomiting, diarrhea, weakness, dizziness, 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.

