

Home Care Instructions for Medication Abortion 12-14 weeks

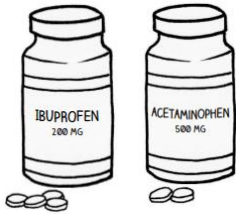


Step 1 – mifepristone date and time: _____
Blocks the pregnancy hormone progesterone and makes Step 2 more effective

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



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 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 if needed
- Pain can range from mild to severe and usually peaks between 4-6 hours after you take the misoprostol, around the time the pregnancy passes.



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

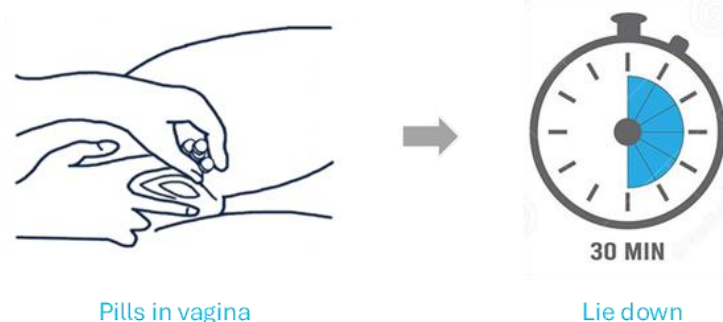
How to take misoprostol:

- **Option 1 - Mouth:** Use two pills per dose. Put one pill inside each cheek or put two pills under your tongue. Hold them there for 30 minutes while your body absorbs the medicine. Then swallow the pills with a drink. Repeat every 3 hours until the pregnancy passes. Up to six doses may be needed.
- **Option 2 - Vagina:** Use two pills per dose. Put two pills in your vagina. Lie down for 30 minutes as your body absorbs the medicine. If the pills fall out after 30 minutes, throw them away. Repeat every 3 hours until the pregnancy passes. Up to six doses may be needed. Once bleeding has started, ok to switch to Option 1 (putting pills in the mouth) for the remaining doses.

Option 1



Option 2



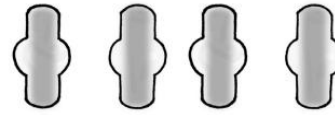
What to expect:

- 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
- Use pads – not tampons or menstrual cups.



How much bleeding is too much?

If you soak through 2 maxi-pads in 1 hour, for 2 hours in a row, you should contact the clinic.



Remember 2 x 2

2 pads/hour for 2 hours is too much bleeding!

What the pregnancy looks like and what to do with it:

Less than 9 weeks: No embryo visible, fluffy pregnancy sac with tissue may be seen

After 9 weeks, in addition to the sac, you may see parts or all of the fetus. 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*

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.

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
- Nausea, vomiting, diarrhea, weakness, dizziness, severe abdominal pain and/or fever more than 24 hours after misoprostol
- Pregnancy symptoms aren't going away 1 week after taking the misoprostol
- Positive pregnancy test five weeks after misoprostol
- Any questions or concerns

Please know where your nearest emergency room is.

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

