

# MEDICAL ABORTION: CLIENT INSTRUCTIONS

1

You will advise the clinic staff which pharmacy to send your prescription.  
Please pick up your prescription.

1. **Finlandia Pharmacy** at 1111 West Broadway (604 733 5323) **OR**
2. **Shoppers Drug Mart** at 6-12830 96 Avenue, Surrey (604 588 3488) **OR**
3. **Other pharmacy** as discussed by phone with the Counsellor

You will pick up:

1. Mifegymiso (Green box + Orange Box) – Abortion Medication
2. Tylenol #3 – Pain Medication
3. Additional medication as prescribed


Rx

2

**Day #1**

Swallow **Mifepristone** (Green Box: single tablet) with water

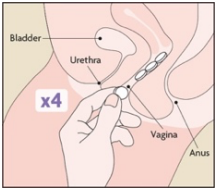
- This stops the pregnancy from growing (not reversible)
- Most people do not have side effects
- Bleeding or no bleeding are both common
- If you have an antibiotic (azithromycin) take 4-6 hours after the Misoprostol



3


**Day #2 or #3 (24-48 Hours Later)**

- It is recommended to take pain medication 30 minutes before the second step of the medical abortion process.
  - Take **3** regular strength ibuprofen (Advil, Motrin) – 600 mg **AND**
  - Take **1** Tylenol #3
  - **If you are nauseous** take any over-the-counter anti-nausea medication
- 30 minutes later, take/use Misoprostol (Orange Box: 4 tablets)
- This starts the cramping and bleeding




**Vaginally**

OR



**Inside cheeks (Buccal)**



**Be Prepared**

- Take this day off work/school
- **20 minutes to 2 hours after:** You may have nausea, vomiting, diarrhea, shivers – THIS IS NORMAL
- Have a support person with you if you want
- Expect bleeding (small clots) within 24 hours and cramps heavier than a period

4

**After the 1<sup>st</sup> dose of Misoprostol**

If there is very little or no bleeding 24 hours after the 1<sup>st</sup> dose of Misoprostol, take a 2<sup>nd</sup> dose of Misoprostol in the same way you took the 1<sup>st</sup> Misoprostol dose. If you have already passed clots/tissue or had very heavy bleeding, don't take a 2<sup>nd</sup> dose. If you are not sure, it is safe to take the 2<sup>nd</sup> dose.

# MEDICAL ABORTION: CLIENT INSTRUCTIONS



Heating Pad

+



Ibuprofen

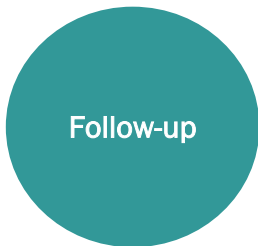
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Tylenol 3

**Call the clinic:**

- If pain is severe and the medication is not working.
- If the pain is severe and one sided.
- If the pain is severe, one sided and is accompanied by shoulder pain, dizziness or fainting.



**1<sup>st</sup> Phone Appointment**

Date (8-10 days after MA)

**2<sup>nd</sup> Appointment**

Urine Test Date (4 weeks after MA)

2<sup>nd</sup> Phone Appt. Date (4 weeks after MA)

In-Person follow-up & IUD Insertion (4 weeks after MA)

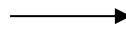


1. **Excessive bleeding:** Filling and soaking through two regular menstrual pads per hour for two consecutive hours and still bleeding. Passing clots larger than a lemon.

1 hour



1 hour



Still bleeding heavily

2. **Severe pain not helped by the medications:** The pain usually improves after the tissue has passed.
3. **Shaking chills with a temperature > 38°C (100.4°F):** Use a thermometer! Usually the mild fever, nausea, vomiting and diarrhea from the misoprostol go away quickly without treatment. If they do not go away, you should call the clinic.
4. **Foul smell or pus-like vaginal discharge.**
5. If bleeding has not started 24 hours after the 2<sup>nd</sup> dose of Misoprostol, please call the clinic or the doctor on-call.



**Monday to Friday** between 9:00-4:00 PM 604-736-7878 Extension 4  
**Evenings & Weekends (Doctor On-Call):** 604-910-7121

**EMERGENCY:** If you are feeling very unwell and need to be seen immediately (cannot wait for phone call from clinic/physician), please go to the nearest Emergency Room and tell them you are currently undergoing a medical abortion.

**IMPORTANT INFORMATION:**

It is important that you complete the follow-up appointments to confirm that you are no longer pregnant. If it is not successful, you must have an aspiration abortion (the medications you received are known to cause fetal damage).