

## Medical Abortion: Client Instructions

You have decided to have a medical abortion to end your pregnancy. You advised the clinic staff which pharmacy to send your prescription.

Please pick up your prescription.

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

You will pick up:

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

### Day 1

Swallow the single mifepristone tablet from the green box. Mifepristone blocks progesterone and stops the pregnancy. Most people experience little to no side effects – bleeding or no bleeding are both common.

**Once you take this medication these effects cannot be reversed.**

### Day 2 or 3 (24 to 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
- Wait 30 minutes.
- Take the 4 tablets from the orange box (misoprostol).

Choose between these methods:

**Vaginal:** Using a clean finger, place all four tablets as deep into your vagina as possible.

- If you are nauseous this method is recommended

**OR**

**Buccal (inside your cheeks):** Place two tablets on each side of your mouth between the cheek and the lower gum. Let them dissolve for 30 minutes (without water). After 30 minutes, swallow anything that is left with water.

- If you vomit right away after taking the medication, take the extra 4 misoprostol tablets vaginally.
- If you vomit after 20 minutes the medication will still be effective.

Both methods for using the misoprostol are effective. Side effects of nausea, vomiting, and diarrhea are more common with the “cheek” method.

**Within a few hours of taking the misoprostol**, most people will start bleeding and feeling cramping pain. The bleeding may be heavy within 2 to 24 hours. Small clots are expected. The bleeding usually decreases after the tissue passes. It should be lighter than a menstrual period after the first few days. On average bleeding can last for 9 days, but spotting can occur for several weeks.

**NOTE:** If the misoprostol (4 tablets – orange box) does not start the bleeding and clotting within 24 hours, take the second dose of misoprostol (4 tablets) in the same way that you took the first dose.

**Pain Medication:** You can take up to 600mg of ibuprofen (Advil, Motrin) every 6 hours for pain, or naproxen (Aleve) 250mg to 500mg every 12 hours. If you have Tylenol #3, you can take as well (1-2 every 6 hours). You can also use a heating pad on your lower abdomen. If you have severe pain that is not relieved by these treatments, call the clinic.

Some people experience a mild fever, nausea, vomiting, or diarrhea after taking the second medication (misoprostol). This usually goes away quickly on its own without treatment. If you develop a fever higher than 38°C (100.4°F), or have chills, vomiting, or diarrhea that does not go away within several hours, call the clinic.

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### WHEN and HOW TO SEEK EMERGENCY HELP AFTER YOUR ABORTION

Please tell the doctor you are having a medical abortion. You can call the clinic:

- Monday – Friday 9 AM – 4 PM: **604-736-7878 Ext. 4**
- Evenings and weekends: **604-910-7121**

#### Call the clinic if:

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.
2. **Severe pain not helped by the medications:** The pain usually improves after the tissue has passed.
3. **Shaking chills, or 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. No bleeding 24-48 hours after taking the 2<sup>nd</sup> dose of Misoprostol.

Your 1<sup>st</sup> follow-up: A physician will call you 8-10 days after you have taken your dose of Misoprostol

#### Your 2<sup>nd</sup> follow-up (4 weeks after your medical abortion):

- Urine pregnancy test at home (provided by the clinic) and a telephone call with physician the next day
- Follow-up at the clinic 4 weeks later if you want an IUD

It is important that you do the urine pregnancy test, return for your follow-up appointment or go to the lab for the blood test to confirm the medical abortion has been successful and that you are no longer pregnant. If it is not successful, you must have a surgical termination as the medications you received are known to cause fetal damage.

You will be called by clinic physician on: \_\_\_\_\_ between \_\_\_\_\_ & \_\_\_\_\_ AM / PM.

You will take the urine pregnancy test on: \_\_\_\_\_.

You will be called by clinic physician on: \_\_\_\_\_ between \_\_\_\_\_ & \_\_\_\_\_ AM / PM.

OR

You have an appointment at our clinic for a follow-up visit and an IUD insertion on: \_\_\_\_\_ at \_\_\_\_\_ AM / PM.

You have an appointment at our clinic for a follow-up visit and ultrasound on \_\_\_\_\_ at \_\_\_\_\_ AM / PM.

**Please let us know if you needed hospital care: 604-736-7878**