

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

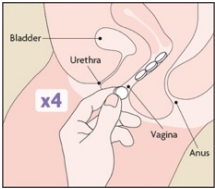
- This stops the pregnancy from growing (not reversible)
- Most people do not have side effects
- Bleeding or no bleeding are both common
- If you have an antibiotic (azithromycin) take 4-6 hours after the Misoprostol



3


Day #2 or #3: _____ (24-48 Hours)

- 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 1st dose of Misoprostol

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

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Heating Pad

+



Ibuprofen

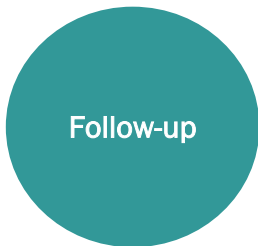
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Tylenol 3

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.



1st Phone Appointment

Date (8-10 days after MA): _____

2nd Appointment

Urine Test Date (4 weeks after MA): _____

2nd Phone Appt. Date (4 weeks after MA): _____

In-Person follow-up & IUD Insertion Date: _____

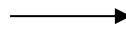


1. **Excessive bleeding:** Filling and soaking through two regular menstrual pads per hour for two consecutive hours and still bleeding. Passing clots larger than a lemon.

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 2nd dose of Misoprostol, please call the clinic or the doctor on-call.



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).