

MEDICAL ABORTION CLIENT INSTRUCTIONS



Where to pick-up your prescription:

Pick-up your prescription at any of the following pharmacies:

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

The prescription includes:

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



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 can occur, it is not a problem if it does



Day #2 or #3

Pain Management

It is recommended to take pain medication 30 minutes before taking/using

Misoprostol

- Take **600 mg** regular strength ibuprofen **OR** **250 – 500 mg** naproxen
- 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)

Two methods: 1) Buccal or 2) Vaginal insertion (see below)

- If you have been prescribed an antibiotic (azithromycin) take 4-6 hours after the Misoprostol

Be Prepared

- Take the day off work/school
- **20 minutes to 2 hours after:** you may have nausea, vomiting, diarrhea, shivers. **THIS IS NORMAL!**
- Expect bleeding and small clots within 24 hours and cramps heavier than a period

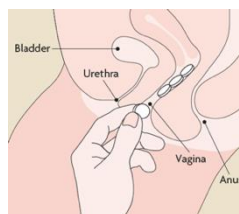
Inside Cheeks (Buccal)



Place 2 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.

IMPORTANT!

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



Vaginal Insertion

Using a clean finger, place all 4 tablets (one at a time) as deep into your vagina as possible.

If you are nauseous this method is recommended.

After Dose of Misoprostol

Within a few hours of taking misoprostol, most people will start bleeding or feel cramping pain. The bleeding may be heavy within 2 to 24 hours. 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.

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, do not take a 2nd dose. If you are not sure, it is safe to take the 2nd dose.

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Pain Management



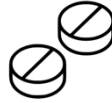
Heating Pad

+



Ibuprofen OR Naproxen

+



Tylenol #3
1-2 Tablets
every 6 hours

Take up to 600 mg ibuprofen (Advil, Motrin) every 6 hours
OR
250 or 500 mg naproxen every 12 hours

Call the clinic:

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

1st Phone Appointment (8 – 10 days after MA)

Date: _____

Time: _____



Urine Test (4 weeks after MA)

Date: _____



Call the Clinic Immediately:

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.



1st Hour
Bleeding heavily



2nd Hour



2nd Hour
Still bleeding heavily



Into 3rd hour

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

Monday to Friday (between 9:00 – 4:00 PM): (604) 736-7878

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 the medical abortion is not successful, you must have an aspiration abortion (the medications you received are known to cause fetal damage).

2nd Phone Appointment (4 weeks after MA)

Date: _____

Time: _____



IUD Insertion (4 weeks after MA)

Date: _____

Time: _____

