

HOME INSTRUCTIONS for MEDICATION ABORTION

Medication Abortion involves taking two medications, **Mifeprex and Misoprostol** to end your pregnancy. Mifeprex stops a pregnancy from growing. Misoprostol causes cramping and heavy bleeding and causes you to expel your pregnancy. Misoprostol should be taken between 24-48 hours after you have taken Mifeprex. After taking your Misoprostol, you should plan to be home for up to 24 hours with no responsibilities and have a support person available to you. If you expect a delay in taking your medications, it is important to contact EHC to ensure the delay is medically safe and appropriate for your dates of pregnancy.

Preparation/Supplies:

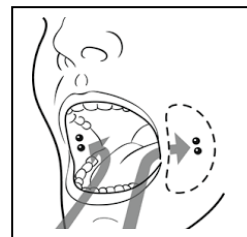
- Ibuprofen (Advil, Motrin, etc.)
- Acetaminophen (Tylenol)
- Box of maxi-pads
- Thermometer
- Heating pad or heat wrap
- 24 hours free of responsibilities on day 2 or 3

DAY 1

- Take one tablet of your prescription anti-nausea tablet Ondansetron.
- Next take your **Mifeprex** pill by swallowing.
Usually, people have few to no side effects from Mifeprex. If you vomit up your pill or if you begin to have heavy bleeding prior to taking your next medication, the Misoprostol, call EHC.

DAY 2 or 3 (Between 24 to 48 hours after you have taken the Mifeprex, you will take Misoprostol)

- **One hour before you take your Misoprostol**
 - __ Take one of your prescription ondansetron anti-nausea pills as directed.
 - __ Eat a meal and drink plenty of fluids.
 - __ Take 800 mg of Ibuprofen, and 1,000 mg of acetaminophen.
 - __ Wait one hour.
- **After 1 hour, you will take 4 Misoprostol tablets**
 - __ Place 2 Misoprostol tablets in each cheek pouch (see picture) for 30 minutes.
 - __ After 30 minutes swallow any of the tablets left with water or other liquid.



****9-11 week pregnancy additional instructions: If you are 9-11 weeks pregnant take another dose of 4 Misoprostol tablets 4 hours after taking your first dose of Misoprostol. Take these the same way you took the first dose of Misoprostol.***

Put on a maxi pad and wait for bleeding to start. Most people start cramping and bleeding within 2-3 hours, but it can start sooner or later. Most people have several hours of moderate bleeding, which may become very heavy as you pass the pregnancy. Heavy bleeding and severe cramping may last several hours. You may pass very large blood clots up to the size of an orange. In most cases the abortion is complete within about 6 hours.

If you have no bleeding at all 24 hours after taking misoprostol, you must contact our office.

Possible side effects: Nausea, vomiting, diarrhea, chills and/or a slight fever for up to 24 hours.

For cramping you can take 800mg of ibuprofen every 8 hours. *Do not take more than 2,400mg ibuprofen in a 24-hour period.* If you still have cramps after taking ibuprofen, you can also take between 650mg to 1000mg acetaminophen (Tylenol) every 4 to 6 hours. *Do not take more than 3000mg of acetaminophen in a 24-hour period.*

Within 24 hours after taking your misoprostol you should be feeling well.

After the abortion

- You may start your birth control as directed.
 - Take your temperature if not feeling well.
 - Pregnancy symptoms should lessen over the next week.
 - You may use tampons 24 hours after passing your pregnancy.
 - Light to heavy bleeding may continue for up to several weeks.
 - In 3 weeks, you may have a day or two of sudden, very heavy bleeding.
 - You can expect your next menstrual period in 4 to 6 weeks. It may be heavier than usual.
 - It is safe to resume having sex when it is comfortable for you. Be aware that fertility can resume immediately after an abortion and many contraceptive methods require at least a week to become fully effective.
 - An EHC staff member will call you for a scheduled one-week post abortion phone call to review how the abortion process went.

 - **Take a home pregnancy test 4 weeks from DAY 1. DATE to take Pregnancy Test:** _____
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WHEN TO CALL EHC

Business Hours: 603-225-2739 After Hours Emergency: 1-866-494-6365

WITHIN 24 HOURS after taking MISOPROSTOL CALL IF:

- BLEEDING: SOAKING 2 PADS PER HOUR FOR MORE THAN 4 HOURS
- SEVERE VOMITING OR DIARRHEA
- WEAKNESS, DIZZINESS, FAINTING, OR RINGING IN EARS
- TEMPERATURE: OVER 100.4 DEGREES F. THAT LASTS LONGER THAN 4 HOURS
- PAIN: INTOLERABLE AFTER IBUPROFEN, ACETAMINOPHEN, REST, HEAT

24 HOURS after taking MISOPROSTOL CALL IF:

- NO BLEEDING OR ONLY LIGHT SPOTTING AFTER TAKING MISOPROSTOL
- SOAKING 2 PADS PER HOUR FOR MORE THAN 2 HOURS
- TEMPERATURE 100.4 OR HIGHER FOR MORE THAN 4 HOURS
- SEVERE PAIN
- WEAKNESS, DIZZINESS
- FOUL SMELLING VAGINAL DISCHARGE
- FLU-LIKE SYMPTOMS OR NOT FEELING WELL, EVEN IF NO FEVER
- PERSISTANT PREGNANCY SYMPTOMS
- YOU DON'T GET YOUR PERIOD IN 4-6 WEEKS