



PATIENT HANDOUT

MEDICAL TERMINATION OF PREGNANCY WITH MIFEGYMISO : WHAT'S NEXT

- Do your first blood test TODAY or on this Date: _____
- 24 – 48 hours after you take the first pill, take FOUR Misoprostol tablets. This should be a day when you can rest, and have another adult present.
- Take the Misoprostol by inserting the tablets deep into your vagina or by holding the tablets between the gum and the cheek of your mouth for 30 minutes (two tablets on each side) before swallowing. Do not insert the tablets into your vagina if you are bleeding as the medication may not absorb properly.
- Make sure you have supplies on hand including: large sanitary pads (maxi), hot water bottle, thermometer, over the counter pain medication and lots of fluids to drink. Wear comfortable clothes.
- **Have the second blood test 7 to 10 days after your first clinic visit.** This test can be done at any lab in the province of Ontario – you do not need to return to our clinic for your blood test.
- The doctor may have warned you about a **possible ectopic pregnancy**. If that is the case then please read the information about ectopic pregnancies carefully. You will have been asked to do three blood tests; it is very important that you have these tests as discussed.
- The clinic will call you with the results of your blood tests, and let you know if the procedure was successful, or if you need to return to the clinic for a follow-up visit. 5% of medical procedures fail and require surgical follow-up.
- You are always welcome to return for a follow-up visit at the clinic, to make sure that everything is okay and for birth control advice and a prescription.
- If you do not do the blood tests as ordered, or if the results of the blood tests concern us, then we will make repeated efforts to contact you. It is very important that you follow through with the blood tests to ensure that your procedure was successful. If you lose the order for the bloodwork then call our clinic and we will fax another to the lab of your choice. Our primary interest is your safety and the success of your procedure.



MEDICAL ABORTION WITH MIFEGYMISO : SIDE EFFECTS AND COMPLICATIONS

Today you received Mifepristone 200 mg PO.

You were instructed to take a dose of Misoprostol 800 mcg 24 – 48 hours from now. Take the Misoprostol by inserting the tablets deep into you vagina or by holding the tablets between the gum and the cheek of your mouth for 30 minutes (two tablets on each side) before swallowing. Do not insert the tablets into your vagina if you are bleeding as the medication may not absorb properly.

Mifegymiso is safe to take when breastfeeding so you don't need to stop.

After the Misoprostol you may experience **nausea, vomiting and diarrhea, abdominal pain, gas, fever, chills and headache**. These can be normal symptoms but you need to know what to watch out for:

Cramping: After you take the misoprostol, you will begin to have cramping within 1–12 hours.

- For pain use Extra Strength Tylenol, or Tylenol #3 (with codeine – prescribed by the doctor). You should not take more than 1000mg every four hours or 3000mg per day. You can also use ibuprofen 400mg every 6 hours or a similar anti-inflammatory. You can take Tylenol and ibuprofen at the same time.
- Use of a heating pad or hot water bottle may help to decrease the cramps.
- Cramps can last on-and-off for several days.

Bleeding: You may start bleeding within a few hours after taking the misoprostol. It may be heavy with large clots and this can be normal.

- Call the clinic or go to the Emergency Department if you are soaking two Maxipads or more per hour with blood for three consecutive hours (6-8 soaked Maxipads per day) – especially if you are feeling dizzy and lightheaded when standing.
- Bleeding can continue for several weeks. The average duration of bleeding is for 3-4 weeks, but it can go on for six weeks or more.

Fever: You may experience some shaking and a transient fever. However a temperature **more than 38.5C that has lasted for six hours or more** needs to be assessed, especially if it is accompanied by foul-smelling discharge or pelvic pain. Call the clinic or go to the nearest Emergency Department.

If you are experiencing heavy bleeding, pain unresponsive to medication, a significant fever or other significant symptoms then during clinic hours call 416-849-4595