

Cheat Sheet

Day 1- Appointment Date:

- ❖ **Take Mifeprex Pill with Doctor**
 - Slight cramping or spotting is normal.
 - If you throw up this pill, it is fine. Continue with insertion as directed.
- ❖ **Take Home Bag (check before you leave the clinic!)**
 - Tylenol 3 Prescription to be filled at Pharmacy.
 - Ibuprofen 800 (bottle)
 - Misoprostol (Bottle 8 pills)
 - Meclizine (Packet- 5 pills)
 - **Applicator, wash and *dry* once home, DO NOT THROW away after first insertion.**
 - QR CODE (which has access to all at home instructions)
 - At Home Pregnancy Test
- ❖ **Meclizine as needed**
 - If nauseous at any point in this process (today, tomorrow, whenever)-take Meclizine (Anti-nausea med) 1 every 8 hours

Day 2- Insertion Day

THE FDA RECOMMENDS PATIENTS VAGINALLY INSERT 4 MISOPROSTOL 24 TO 48 HOURS AFTER TAKING MIFEPREX (FIRST PILL) WITH THE DOCTOR. YOU MAY TAKE IT BUCCALLY, HOWEVER, IT COULD CAUSE STOMACH UPSET

- ❖ 30 minutes before insertion- take 1 Ibuprofen 800 for cramps and 1 meclizine for nausea
- ❖ Insert 4 misoprostol vaginally as directed in counseling and the At Home Instructions.
- ❖ **Patients over 9 weeks will insert remaining misoprostol 4 hours after first dose.**
- ❖ Cramping, bleeding, and passing clots can start within 45 minutes, and last up to 12 hours
- ❖ Take Ibuprofen once every 6-8 hours **OR** Tylenol every 4-6. Do not take at the same time!!
- ❖ Drink lots of fluids, take it easy and eat light, nutritious food.
- ❖ After Day 2, call the clinic if you experience: foul odor& discharge, severe cramping that prohibits movement or blood clots larger than your fist.

Follow Up instructions

- You will receive a Follow Up call a few days after using the at home medications. If we are unable to reach you, **we will leave a voice message to call the clinic, please return the call promptly.**
- **Over 9 weeks: You must return to the clinic for in person Follow Up.**

You will receive a text in 4 weeks reminding you to take the pregnancy test in your take home bag. Call (313) 538-2020 immediately if it is positive. **DO NOT TAKE THE TEST ANY EARLIER THAN 4 WEEKS. (Updated 11/11/2022)**