

CHEAT SHEET

See the complete At-Home Instructions for detailed information

REMEMBER

- Read all at-home instructions
- Pick up all prescriptions before administering misoprostol
- Drink plenty of fluids to stay hydrated
- Have a good supply of maxi pads on hand
- Eat small meals to minimize nausea
- Have a thermometer to take your temperature

DAY 1 - APPOINTMENT DATE

- ★ Take Mifeprex pill with doctor - some cramping or spotting is normal
- ★ If you feel nauseated at any point in this process (today, tomorrow, whenever) take the provided anti-nausea medication, meclizine - 1 pill every 8 hours.

DAY 2 - INSERTION DAY

- ★ 30 minutes prior to insertion take 1 ibuprofen (for cramps) and 1 meclizine (for nausea)
- ★ Wash and thoroughly dry the pill applicator
- ★ Insert 4 misoprostol tablets vaginally
 - Patients over 9 weeks will insert the 4 remaining misoprostol tablets 4 hours after the first dose
- ★ Cramping, bleeding, and passing clots can start within 45 minutes and last up to 12 hours
- ★ Take ibuprofen every 4-6 hours as needed for cramps
- ★ Alternate ibuprofen with Tylenol 3 if needed

IN THE FOLLOWING DAYS

- Bleeding should slow down
- Cramps should go away
- You should feel back to normal
- Do not take a pregnancy test earlier than 4 week

PATIENTS OVER 9 WEEKS MUST RETURN TO THE CLINIC FOR A FOLLOW-UP