



AT-HOME INSTRUCTIONS MEDICATION ABORTION: PILL METHOD

**READ THESE DIRECTIONS SEVERAL TIMES PRIOR TO COMPLETING YOUR MEDICATION ABORTION.
CALL US WITH ANY QUESTIONS AT 313-538-2020**

The misoprostol you received in your take-home bag is the second step to completing your medication abortion. Misoprostol causes uterine contractions and bleeding that will expel your pregnancy. Follow the directions below for the dosing method agreed upon with your counselor:

- ★ 30 minutes prior to administering the misoprostol we recommend taking 1 meclizine pill (for nausea) and 1 ibuprofen 800 (for discomfort)

VAGINAL (preferred method): 24 to 72 hours after taking the mifepristone, wash and thoroughly dry the provided applicator. Wash your hands thoroughly, put 4 misoprostol tablets into the applicator and place the pills high into the vagina, close to the cervix. Try to stay off your feet for an hour following insertion. The FDA recommends waiting at least 24 hours for the best chance of success.

BUCCAL: 24 to 48 hours after taking the mifepristone, dissolve 4 tablets of misoprostol buccally (between your cheeks and lower gums) for 30 minutes. Then take a small sip of water and swallow any remaining pill fragments.

SUBLINGUAL: 24 to 48 hours after taking the mifepristone insert 4 tablets of misoprostol sublingually (underneath your tongue) and keep them there for 30 minutes. Then take a small sip of water and swallow any remaining pill fragments.

- ★ If bleeding has not occurred within 48 hours of the first dose of misoprostol, repeat the misoprostol dose using up the remaining 4 misoprostol tablets.
- ★ Patients over 9 weeks will insert the 4 remaining misoprostol tablets 4 hours after first dose.

WHAT CAN I EXPECT TO HAPPEN NEXT?

- Bleeding and cramping typically begin 2 to 4 hours after taking the misoprostol tablets. Every uterus responds differently - some patients may start earlier or later than this typical time frame. Lower abdominal cramping and bleeding is a sign that the pregnancy tissue is passing down through the cervix.
- When the abortion happens, the bleeding could be heavy with large clots. Some patients report lesser bleeding, cramping, and clotting, yet still pass the pregnancy. The bleeding and cramping can last for several hours. Blood clots from pea-size to the size of an orange can be expected. The pregnancy tissue itself is VERY small and will expel among the bleeding and clots. We urge you to stay home during this time. Once this tissue has passed the bleeding and cramping will begin to ease.
- The bleeding can start and stop for several weeks, and you may have spotting until your next period. Use maxi pads as needed until you have your next period (usually about 4 to 8 weeks).

FOR PAIN / DISCOMFORT:

- Ibuprofen 800 is the best choice for cramps; take every 6-8 hours. A prescription for Tylenol 3 (acetaminophen with codeine) has been sent to your pharmacy for pain not controlled by ibuprofen; take every 4-6 hours if needed. It is OK to use both medications during the abortion process. Do not take aspirin as it may cause you to bleed heavily. Uterine massage and warm compresses may also provide relief.

Please remember that you should start to feel better each day after the abortion. Feeling sick, having abdominal pain/discomfort, diarrhea, nausea, vomiting, fever, chills or weakness more than 24 hours after taking the misoprostol could indicate that you are developing a serious infection. Call Scotsdale Women's Center at (313) 538-2020 right away if you develop any of these symptoms.

- Taking an accurate temperature is important! Do not check your temperature within 1/2 hour of smoking, drinking, or eating. These may alter the thermometer's true reading. Call us immediately if your temperature reaches 100.4 degrees.
- Call the clinic immediately if you soak through two pads in an hour or have fist-sized blood clots. You may also refer to the bleeding diagram on the last page of this document.
- Contact us if you are experiencing pain that cannot be controlled using the above methods.

AFTER YOUR MEDICATION ABORTION

- Pregnancy hormones may cause breast tenderness. A snug fitting bra may provide comfort.
- Resume usual activities, e.g., school, work, or driving, as you feel up to it.
- It is safe for you to have protected sex when you are ready, but be aware you can become pregnant immediately following an abortion. If you didn't choose a birth control method while you were at the clinic you may call us to do so or contact your own doctor. We also carry the morning after pill.

FOLLOWING UP

- All patients will receive either a follow-up call or a link to a follow-up survey in the days after your pill insertion. This conversation helps us determine if your abortion is complete.
- Only patients over 9 weeks at the time of termination will have an in-person follow-up appointment. Patients under 9 weeks will have in-person follow-up appointments only as needed.
- If it is determined your pregnancy tissue has not passed or you have a positive pregnancy test 4 weeks after your appointment day an in-person appointment will be scheduled. The doctor will evaluate you and decide if a third dose of misoprostol or a surgical completion of the abortion is necessary.

CONTINUING SIGNS OF PREGNANCY: Any signs or symptoms of pregnancy that you had should go away in the first 72 hours after your medication abortion. **Do not take a pregnancy test sooner than 4 weeks after your procedure. Your body's hormones need time to return to normal levels after pregnancy.**

EMOTIONS: Feelings after an abortion are different for everyone. Some people feel sad and some feel relieved. You may contact SWC if you would like to discuss your feelings. You can also go to www.detroitabortioncenter.com/aftercare-instructions to explore After Abortion Resources.

SELF-CARE: Buy a box of kleenex, some chocolate, and watch a sentimental movie if you need to cry! Remember to stay hydrated.

HOW MUCH AM I BLEEDING?

Scant amount

Blood only on tissue when wiped or less than one-inch stain on maxi pad within one hour.



Light amount

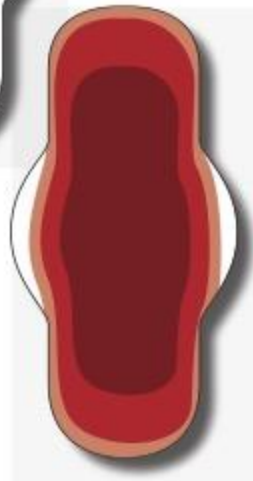
Less than four-inch stain on maxi pad within one hour.



Moderate amount
Less than six-inch stain on maxi pad within one hour.



Heavy amount
Saturated maxi pad within one hour.



¿CUANTO ESTOY SANGRANDO?

Cantidad muy escasa

Solo hay sangre en el papel sanitario cuando se limpia, o tiene manchas que miden menos de una pulgada en una toalla sanitaria tamaño maxi en menos de una hora.

Poca cantidad

Manchas que miden menos de 4 pulgadas en una toalla sanitaria tamaño maxi en menos de una hora.

Cantidad moderada

Manchas que miden menos de 6 pulgadas en una toalla sanitaria tamaño maxi en menos de una hora.

Cantidad muy fuerte

Una toalla sanitaria tamaño maxi completamente saturada en una hora.

Developed by Planned Parenthood of Western Washington