

Pill 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 water or electrolytes to stay hydrated
- Have a good supply of pads on hand (maxi, heavy duty)
- Eat small meals to minimize nausea
- Have a thermometer to take your temperature (if needed)

DAY 1:

- 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 6-8 hours)

DAY 2:

- Wash and thoroughly dry the pill applicator an hour before insertion time
- 30 minutes prior to insertion, take 1 ibuprofen 800 (for cramps) and 1 meclizine (for nausea)
- Insert 4 misoprostol tablets vaginally with applicator or buccally (inside cheeks)
- Patients over 9 weeks will insert the 4 remaining misoprostol tablets 4 hours after the first dose, referring to the same method used
- Cramping, bleeding, and passing clots can start within 45 minutes and last up to 12 hours
- Take ibuprofen every 6-8 hours as needed for cramps
- Alternate ibuprofen with Tylenol 3/tramadol 50 if needed

In the following days

- Bleeding will slow down over time
- Cramps will fade over time (take medications or use a heating pad if needed)
- You can resume normal activities as soon as you feel ready
- Do not take a pregnancy test earlier than 4 weeks (results will not be accurate)

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