

Day 1

Swallow mifepristone tablet (abortion pill).
Then wait 24-48 hours.



Day 2

1. 30 minutes prior to taking the misoprostol, take one ibuprofen 800 (for cramps) and one meclizine (for nausea)
2. There are three ways to take misoprostol. Choose the way that feels right to you.

vaginal

(preferred method)

Insert four misoprostol pills into your vagina. Lay down for 30 minutes while pills dissolve.

or

under the tongue

Place four misoprostol pills under your tongue. Hold there for 30 minutes then swallow the rest with water.

or

inside cheeks

Place four misoprostol pills between your cheek and gums like a chipmunk. Hold there for 30 minutes then swallow the rest with water.

* If your pregnancy is over 9 weeks you will repeat this process 4 hours later with 4 more pills

What to Expect

* Cramping and bleeding can start within 45 minutes and can last up to 12 hours.

bleeding & side effects

Your bleeding may be more, less, or the same as a normal period, and may last for several hours.

Blood clots can vary from pea-size to the size of an orange.

You may experience diarrhea, fever, or chills.

cramping

Ibuprofen 800mg is best 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.

A heating pad or uterine massage can help.

Contact us if

* You are experiencing pain that is not controlled with medication.

* You experience little or no bleeding.

In the following days

Bleeding and cramping will fade over time. You may have spotting until your next period.

Pregnancy symptoms should go away in the first 72 hours after your abortion. Contact us if they do not.

Do not take a pregnancy test sooner than 4 weeks after your abortion. Your hormones need time to return to normal levels after pregnancy.

Resume normal activities when you feel ready. If you wish to begin hormonal birth control, you may start your chosen method on the Sunday following your abortion.

Seek emergency care if

You are soaking 2 maxi pads in an hour for 2 consecutive hours, or you are passing fist-size blood clots.

You have a fever over 100.4 degrees 24 hours after taking misoprostol.

Questions?

Call us anytime at 313-538-2020