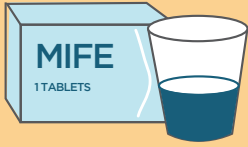


Medication Abortion Quick Reference

1 It Is 98% Effective if Used in the First 9 Weeks of Pregnancy

MIFEPRISTONE – START



Causes pregnancy to detach from uterus by blocking progesterone.

MISOPROSTOL – 24 TO 48 HRS LATER



Insert all 4 tablets into your vagina.
Causes cervix to open and uterus to contract & push out pregnancy.

2 Expect Bleeding and Cramping

AFTER MIFEPRISTONE

- No bleeding to light bleeding

AFTER MISOPROSTOL

- 0-6 hrs bleeding that is heavier than a period and may pass large clots
- Painful cramping
- Temperature over 38C
- May experience nausea, dizziness, diarrhea, headache

3 Managing Side Effects

BLEEDING



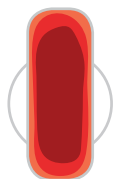
Scant amount



Small amount



Moderate amount



Large amount



Use only pads, not tampons or Diva Cups

CRAMPS



Cramps can come and go for 1-3 weeks



Take pain medication, given Naproxen and acetaminophen



Place a heating pad on your lower abdomen



Uterine massage is very helpful



Call the clinic if you have questions

TEMPERATURE



- Use a thermometer to take your temperature
- Call the clinic or emergency line if your temperature is higher than 38C

4 Recommendations

PREGNANCY TEST

- Do the pregnancy test provided in 6 weeks

BIRTH CONTROL

- Pill, patch, ring, Depo-Provera: start 5 days after Misoprostol
- IUD can be inserted after 6 weeks, or 2-6 weeks with a transvaginal ultrasound confirming the termination is complete

5 Call the Clinic or Seek Urgent Care

- Temperature higher than 38C
- Excessive bleeding: large amount on 3 pads in 1 hr or 1 pad every hr for 3 hrs
- Severe abdominal pain not relieved by medication



Clinic Hours:
Monday to Friday / 8:30 am - 4:30 pm

Phone: 780 484 1124
Emergency Line: 780 940 1271

MEDICATION ABORTION INSTRUCTIONS

Woman's Health Options

12409-109A Ave Edmonton, AB

Phone: 780-484-1124 / Medical Assistance Line: 780-940-1271

www.whol.ca

Mifepristone (pill taken at clinic) **Date administered:** _____ **Time:** _____

Mifepristone acts by detaching the pregnancy from the uterus. Usually there is no bleeding and cramping. *Once taken, the effects of this medication can **NOT** be reversed.*

Misoprostol (4 pills inserted vaginally in 24-48hrs) - causes the uterus to contract and the cervix to dilate. This passes the pregnancy tissue. Using your finger, insert all 4 pills deep into your vagina. After 1 hour the active ingredient has been absorbed so do not be alarmed if they fall out after this time. If the pills fall out before 1 hour put them back into your vagina. Bleeding and cramping usually starts in 0 - 6 hours. You can expect to have increased cramping and bleeding for several hours.

Bleeding: lasts on average 10-16 days but light bleeding can continue up to 30 days. Maxi pads should be used to accurately assess the amount of bleeding. **No Tampons / No Menstrual Cups.**

Cramping: ranges from mild to severe and is usually more painful than a typical period. Use a heating pad, hot water bottle or massage on your lower abdomen or back. Pain medication can help alleviate moderate to severe pain. (Tylenol Extra Strength, Naproxen). Gravol can be used for nausea.

Infection: Do not put anything into your vagina for 7 days (e.g. intercourse, tampons, fingers, douching) We also recommend no swimming, hot tubs or baths for 7 days. Having a shower is ok.

Medication Recommendations: recommended to take a dose of Tylenol and Naproxen together one hour prior to the insertion of misoprostol tablets into your vagina

- Tylenol Extra Strength 500mg – 2 tablets every 6 hours for 2 days
- Naproxen 250mg – 2 tablets every 12 hours
- Gravol 50mg – 1 tablet every 4 hours as needed

Please call the Medical Assistance Line if any of the following occur:

- Your temperature is more than 38°C for more than 6 hours
- Excessive bleeding ie: soaking through 3 maxi pads in hour or 1 pad every hour for 3 hours
- Severe abdominal pain unlike cramps or not relieved by the medication provided.

Woman's Health Options: Monday – Friday (8:30 am to 4:30 pm) 780-484-1124

Medical Assistance Line: After hours (evenings and weekends) 780-940-1271

*Please call us first with questions or concerns so we can ensure you receive appropriate medical care. If you receive any hospital care as a result of this procedure within the next 10 days, please notify Woman's Health Options.

Follow up:

If the medication abortion is not complete the health care team will discuss your treatment options which may include a surgical abortion.

Complete a urine pregnancy test on _____

*Call the clinic if the result is positive or you do not get a period by 6 weeks.

Birth Control: It is important to understand that fertility resumes immediately. If you want to start birth control:

- **IUD:** Can be inserted after 6 weeks with a negative pregnancy test or if earlier than 6 weeks you will need a transvaginal ultrasound confirming termination of pregnancy.
- **Pill, Patch, NuvaRing, Nexplanon & DepoProvera:** Can be started 5 days after misoprostol is used.