

Medication Abortion Patient After-Care Instructions (Vaginal Miso)

Today, _____, you took Mifepristone to end your pregnancy. You took 200 milligrams of Mifepristone at ____am/pm. You may have some vaginal bleeding after taking this pill.

Any time from 6 to 72 hours from now, ____am/pm, you must take another medicine, Misoprostol (also called Cytotec). **Choose a time when you have had a good meal and plenty of rest.** Swallow one Ibuprofen pill one hour before you take the Misoprostol – this will help decrease your cramps. You must take the Misoprostol even if you have started to bleed.

Each misoprostol pill is 200 micrograms. Wash your hands. **Place 4 misoprostol pills in your vagina.** Lie down for 30 minutes. It's OK if the pills fall out after 30 minutes.

WHAT TO EXPECT

Cramping and Bleeding: Misoprostol causes cramping and bleeding, often with clots. The cramps and bleeding may be much more than you get with a period. The cramps usually start 2 to 4 hours after you insert the pills, and may last for 3 to 5 hours. This heavy bleeding means that the treatment is working. The bleeding often lasts 1 to 2 weeks, and it may stop and start a few times.

You may have a lot of pain or cramps – if so, take pain medicine. You can take ibuprofen (Motrin or Advil) up to 800 milligrams every 8 hours and/or hydrocodone up to 2 pills every 4-6 hours. You can also use a heating pad to relieve the pain. Some women get nausea, diarrhea or chills. This should get better in a few hours.

Sadness or very emotional: Most women feel very relieved when the abortion is over. Some women also feel sad, feel like crying, or are moody after an abortion. These feelings are partly from the changes in hormones, now that you are no longer pregnant. Feeling emotional at this time is normal. If you think your emotions are not what they should be, please talk to us.

When will your period come back? You can expect a period in 4-8 weeks. It is not the same for all women.

You **should** call me if:

- Your bleeding soaks through more than 2 maxi pads per hour for 2 hours,
- You do **not** bleed within 24 hours after inserting the misoprostol, OR
- You start to feel very ill after the heavy cramping and bleeding is over.

To reach me:

Call my 24-hour number: _____. If you have any questions or think something is going wrong, call this number and I will call you back. It may take me 10 to 15 minutes to return your call. No question is too small. **Please feel free to call me.**

Follow-up:

You have an appointment to come back to my office on _____ at _____ am/pm. At this visit I will make sure that the abortion is complete.

Birth Control:

If you want to use birth control pills, patch, or ring, I have given you a prescription. You should start these on _____, even if you are still bleeding.