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 24 to 48 hours after you took the first pill, ____am/pm, you must take a second 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. **Place 2 misoprostol pills in each cheek (4 pills total).** Leave them in your cheeks for 30 minutes. After 30 minutes, swallow the pills with water.

**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 take 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 to 6 hours. You can also use a heating pad to relieve the pain. You may have nausea, diarrhea, or chills. This should get better in a few hours.

**Sadness or mood changes:** You may feel relieved when the abortion is over. You may also feel sad or moody. These feelings stem from hormone changes, now that you are no longer pregnant. Feeling moody 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 to 8 weeks. This varies.

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 taking the misoprostol, OR
- You start to feel very ill after the heavy cramping and bleeding is over.
Call my 24-hour number: _______________________. If you have any questions or think something is 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 will have a visit or phone call with me in 7-14 days to 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.