

Abortion Pill Info to Read Prior to Phone Visit

You will be given 200 mg of mifepristone to end your pregnancy.

Any time from 24 to 48 hours after you take the first pill, 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 ibuprofen 800 mg 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 or cheeks or under your tongue.** Wait for 30 minutes (lie down if you put them in your vagina). After 30 minutes the medicine is absorbed. You can get up or swallow the rest of the pills with water. If your pregnancy was 9 weeks or greater, you need a second dose. Four hours later, wash your hands and place 4 more tablets of misoprostol in your vagina or cheeks or under your tongue. If you have started to bleed, you can put the pills in your cheeks or under your tongue.

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 can last for several weeks or last up to 4 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 acetaminophen (Tylenol) with a stronger painkiller 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 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 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:

We suggest a home urine pregnancy test about 3-4 weeks after you took these medications. If it is still positive, please call us. Call us at any time if you have any questions or concerns.

Birth Control:

If you want to use birth control pills, patch, ring, or shot, I can send a prescription to your pharmacy. You should start these a day or two after you used the misoprostol, even if you are still bleeding. If you want an IUD or Implant, we will discuss how to arrange for that.