

Abortion Pill Info (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 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. 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. If your pregnancy was 9-11 weeks, you need a second dose. 4 hours later, wash your hands and place 4 more tablets of misoprostol in your vagina. Lie down again for 30 minutes. Again, it's OK if the pills fall out after 30 minutes. If you have started to bleed, you can put the pills in your cheeks or under your tongue, instead of your vagina, for 30 minutes. If you are concerned about privacy, you can put the pills inside your cheeks or under your tongue. This way, no pill fragments will be left behind in your vagina. Please reach out to us if you need help with these different methods.

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 can 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 up to four 200-mg ibuprofen pills, up to two 220-mg naproxen pills, or up to two 500-mg acetaminophen pills. You can take more pain pills later if needed – follow the directions on the package.. 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:

You do not need to have a routine follow-up visit, but please call if you have any questions or concerns.

Birth Control:

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