

Abortion Pill Info (Buccal 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. **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. If your pregnancy was 9-11 weeks, you need a second dose. Four hours later, wash your hands and place 4 more misoprostol pills in your cheeks. Leave them in your cheeks for 30 minutes, and then 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 can last for several weeks or can last for 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 taking 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, or ring, I have given you a prescription. You should start these on _____, even if you are still bleeding.