

FACT SHEET : Medication Abortion Aftercare Instructions

- 1.** On _____ at _____ am/pm you took 200mg of mifepristone to end your pregnancy. You may or may not have some vaginal bleeding after taking this pill.

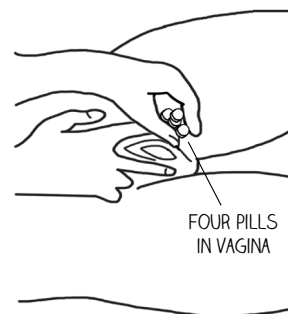
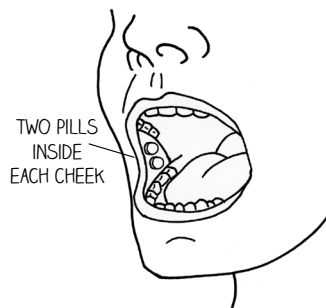
2. TIMELINE FOR TAKING PILLS

- You have decided to take your misoprostol on _____ (24-48hrs later).
- At _____ am/pm, have a small meal, take your medications to help pain and nausea
- 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 any of these pain pills before misoprostol. You can take more pain pills later if needed – follow the directions on the package.



3. TAKING THE PILLS

- At _____ am/pm insert 4 misoprostol pills (circle one:) under your tongue/in your cheeks/into your vagina
- Leave pills in place for 30 minutes. Lay down if the pills are in your vagina.
- After 30 min swallow if pills are in mouth, stand up if pills are in vagina
- If your pregnancy is between 9-11 weeks, you will wait four hours and insert another 4 misoprostol pills at _____ am/pm



4. EXPECT BLEEDING

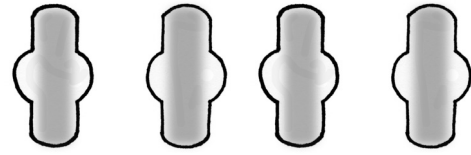
Cramps and heavy bleeding should start within 24 hours after misoprostol. You may see blood clots. You may have loose stools, fever, or chills. You should contact your clinician if you don't bleed within 24 hours after using misoprostol.



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5. HOW MUCH BLEEDING IS TOO MUCH?

If you soak through two maxi-pads per hour, two hours in a row, you should contact a clinician.



Remember 2 x 2

2 pads/hour for 2 hours is too much bleeding!

6. MANAGE PAIN

If you are have pain or cramps, take pain medicine. You can take ibuprofen (Motrin or Advil) up to 800 milligrams every 8 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.

7. WHEN TO START BIRTH CONTROL

You have chosen _____ as birth control which you can start on _____.

8. FOLLOW UP

To follow up you may need to (circle:)

- Be called at home and asked to take a pregnancy test in _____ weeks.
- Return for an ultrasound on _____.
- Return for a blood test on _____.
- Other: _____.

9. WHEN TO REACH OUT

You should call us at _____ 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.