



Telemedicine Medical Abortion/Abortion Pill Instructions

What You Need To Do:

1. Take your mifepristone tablet to begin your abortion process.
2. 24-72 hours after taking your mifepristone, you should take your misoprostol.
3. Take one naproxen tablet 30 minutes before taking the misoprostol.
4. Then place 2 misoprostol tablets between your cheek and gum on each side of your mouth (a total of 4 tablets) and leave for 30 minutes. After 30 minutes have passed, swallow any remaining portion of the tablets that have not yet dissolved. If you are 9 weeks pregnant or more, you will repeat this same process with 4 more misoprostol tablets 4 hours after your first dose of misoprostol.
5. You will most likely experience one or more of these symptoms within four hours of taking the misoprostol tablets: heavy bleeding, clotting, severe cramping, nausea, and/or diarrhea. For these reasons, on the day you take the misoprostol, you should arrange for:

- time off from work
- child care for the day
- a support person
- heating pad or hot water bottle
- light "comfort" food (Jello)
- fluids (ginger ale, 7-Up, broth)

Avoid alcohol and marijuana during this time, in case you need to take the narcotic pain medication that was prescribed for you.

What to Expect:

Bleeding and Expulsion

The onset of bleeding and expulsion is usually within 1 - 6 hours of taking the misoprostol. You should expect bleeding that is heavier than your normal period, which will most likely include blood clots (some clots may be quite large – the size of lemons or oranges). The bleeding is heaviest during expulsion and should decrease after 4 hours. There is a very small risk of excessive bleeding (2%) which would require you to have a surgical abortion.

Cramping

It is normal to have cramping with this type of abortion. Be sure to have a heating pad on hand. More severe lower abdominal cramps that last over a 1-3 hour period means that pregnancy tissue is passing through the cervix. This type of cramping may occur in waves and is usually tolerable if you are taking medication. Once the tissue has passed, cramping should become mild.

Other Side Effects

Fatigue, fever, chills, diarrhea and/or other gastrointestinal side effects (upset stomach and nausea) are commonly experienced shortly after taking misoprostol. Be sure to get enough fluids during this time. If symptoms persist 24 hours after you've taken misoprostol, immediately contact the clinic and/or go to your nearest hospital.

Pregnancy Tissue

You may pass the pregnancy tissue at an unexpected time or place. You may see nothing, or a blood clot, a small white clump, or the entire embryo.

Medications:

- **Mifepristone** – Take 1 pill by mouth as soon as possible. This pill begins your medication abortion.
- **Misoprostol** – 24 - 72 hours AFTER taking mifepristone, place 2 tablets between your cheek and gum on each side of your mouth (a total of 4 tablets) and leave for 30 minutes to dissolve. After 30 minutes has passed, you may drink water and swallow any remaining portion. (If you are 9 weeks pregnant, or above, you will repeat this process 4 hours later.)
- **Naproxen** – Take 1 tablet (500mg) every 12 hours as needed for cramping. Do not exceed 1000 mg in a 24-hour period. To prevent abdominal discomfort do not take naproxen on an empty stomach.
- **Oxycodone** – Take 1 or 2 every 6 hours as needed for increased cramping. Do not drive or operate heavy equipment while taking oxycodone.

Avoid the following:

- Do not use tampons for the first day or two; use maxi-pad sanitary napkins to allow assessment of bleeding.
- Avoid unprotected sexual intercourse until your follow-up appointment. We will discuss birth control options at that time

It is OK to:

- Go back to your regular activities as soon as you feel able to.
- Have sex and/or use tampons whenever you are ready.
- Take a shower or bath as soon as you want to.
- Eat normally, although you may still feel nauseated for another few days because of pregnancy hormones.

7-day symptom checklist: (answer these questions 7 days after taking the misoprostol)

- Did you bleed and cramp as much as or heavier than a normal period?
- Did you pass clots or tissue?
- If you had pregnancy symptoms before taking the pills, are they gone?
- If you answer yes to all of these questions, your abortion pills very likely worked.

Contact us at (800) 572-4223 if:

- You experience abdominal pain or discomfort, or “feeling sick”, including weakness, nausea, vomiting, diarrhea or flu-like aching, more than 24 hours after taking misoprostol.
- You have excessive bleeding. We define that as soaking two or more maxi pad per hour for more than 2 hours in a row

- You experience severe pain that is not reduced by rest, pain medication, heating pad, or uterine massage.
- You experience a fever greater than 100.4° F.
- You have no bleeding within 48 hours after taking the misoprostol.
- You experience severe vomiting and/or diarrhea for more than 4-6 hours.
- Call us immediately if you experience the symptoms of an allergic reaction: rash and/or shortness of breath.

Surgical abortion may be necessary on an emergency basis if there is continuous excessive bleeding.

**PLEASE CALL (800) 572-4223, 24-HOURS A DAY, BEFORE YOU GO TO AN EMERGENCY ROOM
SO THAT OUR MEDICAL STAFF CAN PROVIDE YOU WITH INSTRUCTIONS.**



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