

Medication Abortion Instructions

This pamphlet details medication (pill) abortion instructions for patients of Hope Clinic.
Please follow these instructions carefully.



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Medication abortion is a multi-step process that involves taking 2 sets of medications called Mifepristone and Misoprostol. Please review all instructions before you begin your medication abortion.

Step 1: Mifepristone

If you are concerned you will change your mind about the abortion, do NOT take this first pill.

WHEN: Mifepristone (200mg); swallow this one pill to start the medication abortion

WHAT: Mifepristone stops the growth of the pregnancy and starts to detach the pregnancy from the wall of the uterus.

WHAT TO EXPECT: The effects of this medication are usually mild and do not last long. You may feel sick, have cramping, and/or have bleeding ranging light to heavy.

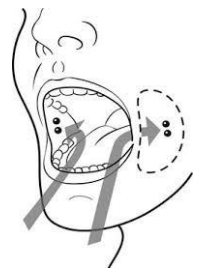
Start wearing a pad. Make sure you have a supply of large/super absorbent maxi-pads. Read through all these instructions and have all medications ready for the next step.

Step 2: Misoprostol

WHEN: Misoprostol is a series of 4 pills to be taken buccally 24-48 hours *after* taking the Mifepristone pill.
We recommend starting pain and nausea medication 30 minutes to 1 hour prior to taking misoprostol to help reduce pain, cramping and nausea. See "Pain Management" for information.

WHAT: Misoprostol will cause the cervix to open and the uterus to contract, pushing the pregnancy out.

HOW: These pills are to be taken buccally, by placing 4 tablets in your mouth between your gums and cheeks. Place 2 pills on each side of your cheeks. Leave all 4 tablets in place for 30 minutes. After 30 minutes, swallow anything in your mouth that has not dissolved.



FOR SOME PATIENTS – 4 HOURS LATER: After taking the 1st round of Misoprostol, you will wait 4 hours. After 4 hours, repeat with a second dose of Misoprostol (2 tablets on each side of your cheeks (4 tablets total), left in place for 30 minutes).

What to Expect

NOTE: Bleeding/cramping typically begin 1 to 4 hours after taking misoprostol, but the abortion can take up to 24 hours to complete.

BLEEDING: Can be medium to heavy and may include small (quarter size) to large (lemon size) blood clots. Wear "heavy protection"/"overnight" pads.

CRAMPS/PAIN: Can be mild to severe. Take pain medications as directed.

FEVER/CHILLS: It can be normal to feel feverish; if this occurs, take your temperature with a thermometer.

NAUSEA/VOMITING/DIARRHEA: Nausea (feeling sick), vomiting (throwing up) and diarrhea are common side effects of misoprostol and should improve within 24 hours.

Important Notes

After taking misoprostol (Step 2), please be at home or in a safe place, such as a trusted family member or friend's home, for a full 24 hours. Do not go to work, school or travel during this time. If you have small children, arrange for someone to watch them.

Because of the possibility of an emergency, we recommend having a support person with you, being within a 1 hour driver of a hospital, and having a working telephone.

Additional Instructions:

- Do NOT have sex, use tampons, or douche for 2 weeks. These could increase your risk of getting an infection.
- Bleeding will lighten over the next several days, but can continue on and off for 2-6 weeks.
- Drink plenty of fluids!

Pain Management

Medications for Pain/Cramping & Nausea (may be taken together or separately)

- **Ibuprofen (Advil) 600mg** every 6 hours for pain
- **Acetaminophen (Tylenol) 325mg** every 6 hours, as needed, for pain
- **Promethazine (Phenergan) or Ondansetron (Zofran)** every 4-6 hours, as needed, for nausea

Comfort can be sought in a variety of ways, included but not limited to the following:

- Medications listed above
- A heating pad or hot water bottle placed on your lower abdomen
- Taking a shower
- Sitting in a hot bath
 - (plain water only, no bath products)
- Having someone rub your back

WARNING SIGNS

The following could be signs of problems which could lead to severe health issues (such as life-threatening hemorrhage or deadly infection).

Please call the emergency number *immediately* if you have any of the following:

- **Heavy bleeding:** soaking through (from top to bottom/end to end) 2 heavy protection maxi-pads in one hour for more than an hour
- **Fever:** a temperature of 100.4 degrees or greater for longer than 4 hours anytime in the next 4 weeks
- **Severe pain:** with NO relief from pain medications or severe pain lasting longer than 24 hours from taking your misoprostol tablets
- **Nausea/vomiting/diarrhea/dizziness/extreme fatigue or weakness** lasting more than 24 hours from the time of taking the misoprostol tablets
- **No bleeding:** if you have no heavy bleeding within 24 hours of taking misoprostol (in your cheeks)

Emergency Contact Number (618) 346-3040

*The Hope Clinic doctors/nurses are available
24 hours a day, every day, for emergency calls.*

Step 3: Follow-Up

A follow-up is an essential part of your abortion. Without the follow-up, Hope Clinic cannot confirm that the abortion was complete, and you could STILL be pregnant.

Follow-Up Options:

- **In-Clinic Follow-Up:** A vaginal ultrasound within 1-2 weeks of taking mifepristone to verify abortion was successful. This can be done in-clinic or with another healthcare provider.
- **Remote Follow-Up:** A series of questions about your symptoms and experiences taking the medications at 1 week after taking mifepristone, and again at 4-5 weeks. You will also take a pregnancy test 4-5 weeks from taking Mifepristone in clinic. DO NOT take it before 4 weeks. It will likely be positive.

Note: If you choose to see another provider for your follow-up, please ask that provider to fax over confirmation that the abortion was completed to Hope Clinic. Fax Number: (618) 451-9092

What if I don't follow up? You may still be pregnant and not know it! If you miss your follow-up, please give us a call as soon as possible. If you do not participate in your follow-up with us, and have a continuing pregnancy, additional charges may apply.

What if I'm still pregnant? You may need another dose of medication or an in-clinic abortion procedure; the medications you have taken have been reported to cause serious birth deformities in rare cases (for example: paralyzed face muscles, missing arms or legs).

For some people, the decision to have an abortion is a really complicated one. For others, the decision is much easier. Whatever your circumstances, your reasons for needing an abortion are valid.

You deserve love, respect, and compassion.
No one knows your life and your needs as well as you do.
Trust yourself to make good decisions, you are more than capable of doing so.



From our experience as abortion providers, and from research, we know that most people find themselves feeling relieved after having an abortion. However, sometimes other feelings do come up. If you need additional support after an abortion, please reach out to Hope Clinic. We are here for you.

You can also visit All Options at www.all-options.org to access a hotline where you can talk about your experiences with pregnancy, abortion, parenting, and/or adoption anonymously. All-Options Talkline: 1-888-493-0092.

Want to share your story? Visit www.shoutyourabortion.com or www.wetestify.org for more information.

Additional Resources

Sometimes everyone needs a little support. The following are resources we provide to all our patients in case there is anything you need. If you need additional resources or support, please contact Hope Clinic at 618-451-5722.

24-Hour Crisis Lines:

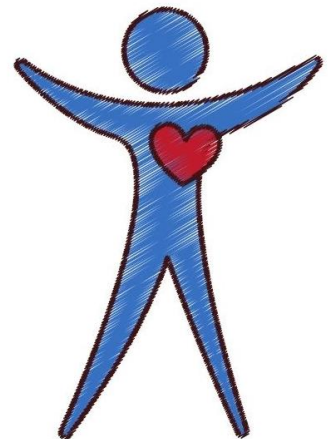
Behavioral Health Response: 1-800-811-4760
Crisis Text Line: Text START to 741-741
National Human Trafficking Hotline: 1-800-373-7888
National Suicide Prevention Lifeline: 1-800-273-8255
Substance Abuse & Mental Health Services (SAMHSA): 1-800-662-4357

Sexual & Relationship Violence Crisis Lines:

Rape, Abuse, Incest National Network (RAINN): 800-656-4673
Safe Connections (St. Louis Based): 314-531-2003
National Domestic Violence Hotline: 800-799-7233

Additional Resources:

Scarleteen (Sexual Health Information): www.scarleteen.com



Interested in birth control or primary OB/GYN care?

Contact Hope Clinic at 618-451-5722 to see what options are available. You can visit us online at <https://hopeclinic.com/patient-info/birth-control-information/> or scan the QR code for more information.



In St. Louis? You can also visit the Contraceptive Choice Center at <https://contraceptivechoice.wustl.edu/> or call 314-747-0800. Not local? Visit www.opa-fpclinicdb.hhs.gov to find a family planning provider near you.



How was your visit?

We want to hear from you!
Please let us know confidentially at info@hopeclinic.com or publicly by leaving us a Google Review!