

Medication Abortion Instructions

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



hopeclinic.com | (618) 451-5722

Instructional Video



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

Video Instructions: bit.ly/hopemedab

GenBioPro Medication Guide: bit.ly/MEDAB

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.

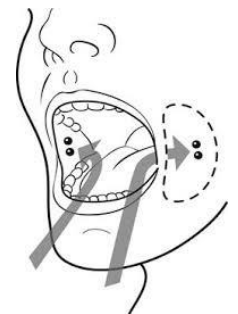
Step 2: Misoprostol

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 more information.

WHAT: Misoprostol (4 tablets – 200mcg each) will cause the cervix to open and the uterus to contract, pushing the pregnancy out.

WHEN & HOW: (2 options)

- Option 1 - BUCCAL: (in the mouth) 24 to 48 hours after taking Mifepristone;** Place 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.
- Option 2 - VAGINAL (in the vagina): 6 to 48 hours after taking Mifepristone;** Place all 4 tablets in the vagina; rest for 30 minutes and resume normal activity – you do not need to remove the tablets



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 by the same route. This is given to reduce risk of failed or incomplete abortion. You may experience an increase in the symptoms listed below.

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" or "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 drive of a hospital, and having a working telephone.

Additional Instructions:

- Using pads immediately after taking misoprostol is needed. After your abortion is complete and whenever you are comfortable, you may resume using tampons or menstrual cups as desired.
- 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) 325-500mg** 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 super maxi pads in an hour for 2 or more hours
- **Fever:** a temperature of 100.4 degrees or greater 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

Emergency Contact Number (618) 346-3040

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

Step 3: Follow-Up

Follow-up can be through self-assessment or with a healthcare provider.

Follow-Up Options:

- Self Assessment with Remote Follow-Up:** Closely monitoring your symptoms and contacting a trusted health care provider such as Hope Clinic should you have any concerns is essential to your health and well-being. We recommend taking a urine pregnancy test 4-5 weeks after taking mifepristone. If this test is positive after 5 weeks, it is essential to follow-up with a provider. DO NOT take it before 4 weeks. It will likely be positive.
- 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 trusted healthcare provider.
- Blood Draw Follow-Up:** This type follow up requires 2 blood draws spaced several days apart are recommended to see a decrease in pregnancy hormone (hcg) levels.

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! Anywhere between 2-7 out of every 100 medication abortions may be incomplete or failed. This risk increases the further you are into pregnancy, so at 6 weeks it is less likely to fail and at 10 weeks it is more likely to fail. If you have concerning symptoms please reach out to us as soon as possible.

What if I'm still pregnant?

You may need another dose of medication or an in-clinic abortion procedure. Misoprostol has been reported to cause serious birth deformities in rare cases.

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:

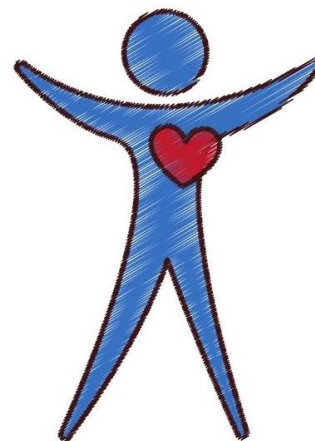
Behavioral Health Response: 1-800-811-4760
Crisis Text Line: Text START to 741-741
National Human Trafficking Hotline: 1-800-373-7888
National Suicide Prevention Lifeline: 1-800-273-8255
Substance Abuse & Mental Health Services (SAMHSA): 1-800-662-4357

Sexual & Relationship Violence Crisis Lines:

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

Additional Resources:

Scarleteen (Sexual Health Information): www.scarleteen.com
General information about abortion: bit.ly/UnderstandAB



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 www.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!