

Medication Abortion Instructions

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

Please follow these instructions carefully. (Version 7-2022)



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/hopemab2022

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 before taking misoprostol to help reduce pain, cramping, and nausea. See "Pain Management" for more information.

WHAT: Misoprostol (4 tablets – 200mcg each for a total of 800mcg) will cause the cervix to open and the uterus to contract, pushing the pregnancy out.

WHEN & HOW: (2 different protocols – the protocol recommended to you may vary based on a variety of factors)

- ☐ **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.
- ☐ **VAGINAL (in the vagina): 0 to 48 hours after taking Mifepristone;** Place all 4 tablets in the vagina and resume normal activity – you do not need to remove the tablets, they will dissolve over time.



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

We recommend having a working telephone after taking misoprostol (Step 2). Monitor your bleeding every couple of hours after taking misoprostol. Use pads immediately.

Additional Information:

- Drink plenty of fluids!
- 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.

GenBioPro Medication Guide: bit.ly/MEDAB

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. Promethazine may cause drowsiness. Do not drive under the influence of this medication.

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
- 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 of follow up requires 2 blood draws of pregnancy related hormone (hcg) spaced several days apart

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.

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.