

Medication Abortion Instructions

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

Please follow these instructions carefully. (Version 11-2024)

hopeclinic.com | (618) 451-5722 | emergency number: (618) 346-3040



Video Instructions:
bit.ly/hopemab2022

Medication Abortion is a multi-step process that involves taking medications to cause a miscarriage.

Step 1: Mifepristone

GenBioPro Medication Guide: bit.ly/MEDAB

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

Start recommended pain and nausea medication 30 minutes to 1 hour before taking misoprostol to help reduce pain and nausea.

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:

x4 TAKE MISOPROSTOL: _____

- BUCCALLY (in the mouth): 24 to 48 hours after taking Mifepristone;** Place 4 tablets in your mouth between your gums and cheeks with 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.
- VAGINALLY (in the vagina): 6 to 48 hours after taking Mifepristone;** Place all 4 tablets inside of your vagina and resume normal activity – you do not need to remove the tablets, they will dissolve over time. Misoprostol *may* be taken sooner than 6 hours after taking mifepristone, but research shows it is most effective to *wait at least 6 hours*.

WHAT TO EXPECT:

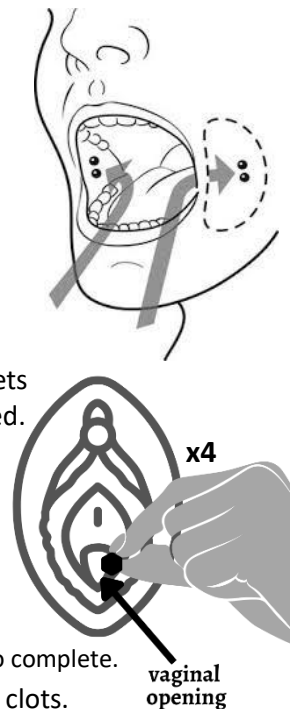
Most people notice symptoms within 1-4 hours after taking misoprostol. The abortion can take up to 24 hours to complete.

- **BLEEDING:** Can be medium to heavy and may include small (quarter size) to large (lemon size) blood clots. Wear large/super absorbent maxi pads. Starting around 9 weeks of pregnancy you may see identifiable fetal tissue.
- **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.

FOR SOME PATIENTS:

Additional doses of misoprostol may be given to reduce risk of failed/incomplete abortion. Symptoms listed above may worsen.

- REPEAT DOSE:** Take 4 misoprostol tablets 4 hours after taking the original misoprostol; Take a second dose (4 tablets – 200 mcg each for a total of 800mcg) of misoprostol either buccally or vaginally as shown above..
- CALL HOPE CLINIC:** *If you have any of the **WARNING SIGNS** listed on the reverse side of these instructions, or if you suspect you are still pregnant.* Your provider will give you instructions that may include taking an additional dose of Misoprostol (buccally or vaginally). Follow these instructions carefully.



During Your Abortion

AFTER TAKING MISOPROSTOL:

- Get plenty of rest
- Use pads immediately
- Monitor your bleeding every couple of hours
- Use recommended pain medications and pain management techniques listed on this form
- Drink plenty of fluids
- Have a working telephone with you

Pain Management

MEDICATIONS:

- **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.

ADDITIONAL PAIN MANAGEMENT TECHNIQUES:

- Medications listed above (may be taken together or separately)
- A heating pad or hot water bottle placed on your lower abdomen
- Taking a shower or 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 infection).

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

- **TOO MUCH 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 misoprostol
- **NAUSEA/VOMITING/DIARRHEA/DIZZINESS/EXTREME FATIGUE/WEAKNESS** lasting more than 24 hours from the time you took misoprostol
- **NO BLEEDING:** no heavy bleeding within 24 hours of taking misoprostol

Emergency Number
(618) 346-3040

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

If you call, a nurse will be notified and will return your call, usually from a blocked number.

Step 3: Follow-Up

A follow-up is important to make sure your abortion is complete.

FOLLOW-UP OPTIONS:

- Self-Assessment:** It is essential to your health and well-being to closely monitor your symptoms and contact a trusted health care provider such as Hope Clinic should you have any concerns. Take a urine pregnancy test 4-5 weeks after taking mifepristone. If this test is positive after 5 weeks, it is important to follow-up with a provider. Do NOT take a pregnancy test before 4 weeks - it will likely be positive. Remote follow-up (receiving digital reminders from Hope Clinic to evaluate your symptoms/take a test) is optional.
 - ✓ Take a pregnancy test between _____ & _____
- In-Clinic Follow-Up:** A vaginal ultrasound within 1-2 weeks of taking mifepristone to verify the abortion was successful. This can be done at Hope Clinic or with another trusted healthcare provider.
- Blood Draw Follow-Up:** This type of follow-up requires 2 blood draws to measure changes in the amount of pregnancy related hormone (hcg) in the body. These blood draws should be spaced several days apart.

NOTE: If you chose to see another provider for your follow-up, ask them to fax Hope Clinic confirmation that the abortion was completed. Fax: 618-451-9092.

After Your Abortion

WHAT TO EXPECT:

- Pain/cramping will be the worst during the abortion but may continue for about a week afterwards.
- Bleeding will lighten over the next several days but may continue on and off for 2-6 weeks.
 - Once your abortion is complete and when you are comfortable, you may resume using tampons or menstrual cups/discs.
- You can return to normal activities including sex as soon as you feel ready.

BIRTH CONTROL:

- Start your preferred contraceptive method immediately.
- Most methods take 7-10 days of use before becoming effective.
- It is possible to get pregnant immediately after an abortion
- More information is available on our website.

WHAT IF I DON'T FOLLOW-UP?

You may still be pregnant and not know it! Between 2 to 7 out of every 100 medication abortions may be incomplete or failed. This risk increases the further you are into pregnancy. If you are concerned the abortion was unsuccessful reach out to us as soon as possible.

WHAT IF I'M STILL PREGNANT?

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