



# Whole Woman's Health

Transforming Healthcare One Woman at a Time

## MEDICATION ABORTION TAKE HOME INSTRUCTIONS

www.wholewomanshealth.com

### Administering the misoprostol (Cytotec) Pills

You will receive the misoprostol (“my so pros tul”) pills today. In 24-48 hours from the time you take the Mifepristone (Mifeprex) in our office, you need to take the misoprostol pills by putting them in your mouth, between your cheek and your gums. Once you have held the misoprostol in your mouth for half an hour, you may swallow any undissolved pills with water.

A small percentage of women may pass the pregnancy after taking the Mifepristone pills, before they’ve taken the misoprostol pills. If this occurs, you should still use the misoprostol pills as instructed.

Misoprostol Day: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

Because of the risk of hemorrhage, on the day that you take the misoprostol pills, you must:

- Be at home or in the home of someone who knows what is happening,
- Have a phone,
- Be within one hour of an emergency room,
- Have no other obligations including small children to care for,
- Have with you, or “on call,” a support person who knows what is happening and who has a car.

You may have some bleeding or spotting – it may be somewhat heavy – after taking the mifepristone only. Do not be alarmed. IF you do experience bleeding, this is not necessarily an indication that the pregnancy had ended. It is still VERY IMPORTANT that you take the misoprostol tablets. Continue as scheduled with the medication and follow-up appointments. This is not an emergency. You may call the office during regular business hours to speak with a nurse if you need to.

**Sixty-seven percent (67%)** of women begin having cramps and bleeding within 1 to 4 hours after they have taken the misoprostol pills. **Seventy-five percent (75%)** of women will have passed the pregnancy **within 24 hours**.

<p><b>1<sup>st</sup> day</b> Mifepristone tablet (s) in office.</p>	<p><b>2<sup>nd</sup> day</b> Take the misoprostol pills.</p> <ul style="list-style-type: none"> <li>• May take pills buccally (in between cheeks &amp; gums) 24-48 hours after Mifepristone in office. -OR-</li> <li>• Vaginally 6-72 hours after Mifepristone in office. <i>Although rare, vaginal misoprostol has been associated with a slightly higher risk of infection.</i></li> </ul> <p>***Please take tablets during normal business hours so we are here in case you have problems. The abortion usually begins in 1 to 4 hours.</p>	<p><b>14<sup>th</sup> day</b> Return to Whole Woman’s Health for an ultrasound. If the abortion has NOT occurred, you may need more Misoprostol pills and return in two weeks, or have a surgical abortion.</p>
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### **Preventing Infection**

During a medication abortion, your cervix is slightly dilated, so you need to be particularly careful not to expose yourself to infection by introducing bacteria into the vagina. Do not put anything into your vagina, have sexual intercourse, or sit in a bath until your final follow up at the clinic. Use maxi pads instead of tampons.

Take your temperature every day at home. It is normal to see a little rise in body temperature after you take the medications, but a high temperature (over 100.4 degrees) is not normal. Call Whole Woman's Health, as this could be a sign of infection or other serious problems that require treatment.

### **Managing the Possible Side Effects of misoprostol**

Drink plenty of fluids and eat lightly the day before and on the day you take the misoprostol pills. misoprostol may cause nausea, vomiting, and diarrhea, and fever, so you need fluids. Spicy or fried foods worsen the distress. The medication we prescribed, phenergan, will help manage nausea. If the vomiting and diarrhea are severe, call Whole Woman's Health.

### **Cramping**

Very strong cramping is a normal part of the process. Start the pain pills we prescribed 30 minutes before the misoprostol insertion. Heating pads are ok and can help with cramping. You may also take Tylenol or 600-800mg ibuprofen every 4 hours in addition to the pain pills. Taking ibuprofen without food can irritate your stomach.

### **Bleeding and Clots**

The bleeding may be very heavy, and you will pass small or large clots (up to and including the size of lemons) within the first four hours, which is OK. Also at 42 days, the embryo is so small (about the size of a grain of rice), it may not be visible.

Wear "heavy protection" maxi pads, and buy a large package (Stayfree, Always, and Kotex "Super Long" or "Overnight"). Call Whole Woman's Health if you soak through 2 pads per hour for 2 hours. That's too much bleeding! After aborting the pregnancy, lighter bleeding usually occurs and lasts about 9 to 14 days (on average) but may end sooner or continue off and on for 4 weeks.

### **DOs and DON'Ts**

- Do NOT use tampons until after your final clinic appointment. Tampons will block the passage of the clots and tissue and worsen the cramping. They also may expose you to infection by introducing bacteria into the vagina while the cervix is dilated.
- Do NOT have sexual intercourse or douche until after your final appointment to avoid infection and pregnancy. Do not put anything at all in your vagina—your fingers, sex toys, etc.
- Do NOT drink alcohol or take aspirin or aspirin products: They can thin the blood and cause too much bleeding.
- Misoprostol can cause a rise in your temperature, call Whole Woman's Health if your temperature is over 100.4 degrees for more than 6 hours (there may be an infection).

## **Follow-up with Ultrasound**

It is important that you have a follow up exam in 14 days after you have taken the Misoprostol and had your bleeding. We will do an ultrasound to check that the abortion was successful and that there isn't anything left behind in the uterus. Sometimes women need to take a second dose of Misoprostol, and very rarely a surgical procedure is necessary. The follow up is the time when we can check to make sure that everything is back to normal, that you don't have any infections and that the abortion was successful. This is also a good time to discuss contraception and your ongoing GYN care.

There is no fee for the post-operative exam. However, there will be a fee of \$30.00 if you do not get in for your appointment within 30 days of the procedure. If you request or require any additional services, such as lab testing, there may be additional charges. Some women experience a yellowish-brownish discharge for several weeks after the procedure. If this discharge is accompanied by itching, burning or bad odor it may be vaginitis which needs to be diagnosed and treated.

Follow-up day: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

***Whether or not you had heavy bleeding, passed clots, and had strong cramps, RETURN TO WHOLE WOMAN'S HEALTH ON THE DAY OF YOUR SECOND APPOINTMENT FOR YOUR ULTRASOUND. If you don't return, the pregnancy could still be growing without your knowing it, or you could have a twin tubal pregnancy! Even if you are still bleeding, keep your second appointment at Whole Woman's Health.***

## **Pregnancy and Contraception**

There is no way to know when you will ovulate after your abortion, so it is possible to become pregnant at any time. A reliable method of contraception is recommended when you resume intercourse to prevent another unwanted pregnancy. Unwanted pregnancies occur for many reasons. The most common are failure of contraceptive method, failure of a couple to use contraceptives, or an unfortunate lack of knowledge about birth control. If sexual intercourse is practiced without the use of contraception there is an 80% probability that pregnancy will occur within a year. We are happy to help you with making a choice of method and giving you samples if possible.

## **Feelings**

After an abortion some women feel elated and relieved while others feel sad. It is best not to ignore your feelings, but to talk about them with someone you trust. If your feelings become overwhelming for you, you may need professional help. We are happy to provide post abortion discussion and/or referrals. Please call our office anytime. We also recommend the following books, which have proven to help many women in your same situation. (Some of these books are for sale here – please ask a staff person)

The Healing Choice, Your Guide to Emotional Recovery After an Abortion, by Candace De Puy and Dana Dovitch.

Peace After Abortion, by Ava Torre-Bueno

Unspeakable Losses, Understanding the Experience of Pregnancy Loss, Miscarriage and Abortion, by Kim Kluger-Bell.

If you need to talk with someone after the abortion, there are several places we recommend:

Charlotte Taft at Imagine, pro-choice counseling: (505) 757-2991

Backline, honest pregnancy options discussion and information: (888) 493-0092

Exhale, an after-abortion counseling talkline: (866) 439-4253



# Whole Woman's Health

## Medication Timeline for Medication Abortion

### Day One

- You will receive a 200 mg tablet of mifepristone (Mifeprex) today.
- You will receive 4 (200 mcg) tablets of misoprostol (Cytotec) today to take home with you.
- You will receive a prescription for the following medications:
  1. Promethazine (Phenergan) 25 mg (3 tablets) – For nausea
  2. Naproxen, Vicodin, or Tylenol with Codeine -- For pain
  3. Metronidazole 500 mg (4 Tablets)-Antibiotic
  4. Doxycycline 100 mg (14 tablets)-Antibiotic or Amoxicillin (30 tablets)
- After leaving the clinic, leave your prescription at the pharmacy (If you didn't purchase your meds at WWH)
- Get something to eat 😊
- Pick up your medication. Take two tablets of Metronidazole. Wait 1 hour. then take the other 2 tablets.

### Day Two (6-48 hours from the time you take the Mifeprex in our office.)

- On \_\_\_\_\_, take one tablet of Promethazine and one pain medication pill, preferably after a meal. Wait 15 minutes.
- Place the 4 tablets of misoprostol tablets in between your cheeks and gums (2 on each side), and let them dissolve for at least 30 minutes and swallow what has not dissolved. Be sure to wear a maxi pad. (NO TAMPONS)
- Be sure to drink plenty liquids for the next few hours. Avoid lying down for long periods of time. Walking around your home will help ease the cramping.
- Continue to take pain and nausea medication as needed.
- Start the Doxycycline (Antibiotic) with dinner, continue to take every 12 hours (you can take them after breakfast and after dinner).

**IN CASE OF SEVERE NAUSEA**, you could choose to use the misoprostol tablets vaginally. Here are the instructions:

- On \_\_\_\_\_, take one tablet of Promethazine and one pain medication pill, preferably after a meal. Wait 15 minutes.
- Wash your hands thoroughly, and/or make sure to wear surgical gloves.
- Insert all 4 tablets vaginally as far in as possible, one after the other.
- Be sure to wear a maxi pad. (NO TAMPONS)
- Lay down for at least one hour to allow the tablets to dissolve in the cervical area.
- Continue to take the pain and nausea medication as needed.

**WARNING: DO NOT consume alcohol or aspirin, In case of allergic reactions, excessive pain, and severe bleeding contact our office immediately. We have a nurse on call 24 hours a day, 7 days a week.**