



Whole Woman's Health

Transforming Healthcare One Woman at a Time

MEDICATION ABORTION TAKE HOME INSTRUCTIONS

www.wholewomanshealth.com

Taking Mifepristone (Mifeprex™) at the Clinic

After taking the mifepristone (Mifeprex™) at the clinic, you may experience some bleeding or spotting. Do not be alarmed. Bleeding is not necessarily an indication that the pregnancy has ended. It is still very important that you take the misoprostol (Cytotec™) tablets. A very small percentage of women may pass the pregnancy as a result of the mifepristone (Mifeprex™) only. If this occurs, you should still use the misoprostol (Cytotec™) pills as instructed and continue as scheduled with follow-up appointments. You may call Whole Woman's Health to speak with a nurse if you are concerned.

Administering the Misoprostol (Cytotec™) Pills at Home

You will receive four misoprostol (Cytotec™) pills to take home with you. 6-48 hours from the time you take the mifepristone (Mifeprex™), you will place the misoprostol (Cytotec™) pills between your cheeks and gums. Once you have held the misoprostol in your cheeks for half an hour, you may swallow any undissolved pills with water.

In case of severe nausea or if you prefer, you may insert the tablets vaginally, by inserting one after the other as far in as you can so that you can get as close as possible to the cervix. You will need to lie down for 60 minutes to allow the medication to absorb.

Misoprostol Day: _____ Date: _____ Time: _____

Because of the risk of hemorrhage, on the day that you take the misoprostol (Cytotec™) 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.

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

Managing the Side Effects of Misoprostol (Cytotec™)

Drink plenty of fluids and eat lightly the day before and on the day you take the misoprostol (Cytotec™) pills. Misoprostol may cause nausea, vomiting, diarrhea, and fever, so you will need fluids. Avoid spicy or fried foods. If you have severe vomiting and diarrhea, call Whole Woman's Health.

Cramping

Very strong cramping is a normal part of the process. We will give you a prescription for a pain medication. Please fill this prescription before you take the misoprostol (Cytotec™). In order to prevent intense cramping, take the first tablet of pain medication 30-40 minutes before taking the misoprostol. After that you can take it every four hours as needed. A heating pad or hot water bottle will also help alleviate pain from cramping.

DO NOT TAKE ASPIRIN or any products that contain aspirin, as aspirin is a blood thinner and could increase your bleeding. You may use other non-aspirin pain relievers such as ibuprofen and acetaminophen (Tylenol™).

Bleeding and Clots

The bleeding that you experience may be very heavy, and you will likely pass small or large clots (up to the size of lemons) within the first four hours. Wear maxi pads, and buy a large package (Stayfree, Always, and Kotex “Super Long” or “Overnight”). Heavy bleeding is normal, but call Whole Woman’s Health if you soak through 2 pads per hour for 2 hours – that is too much bleeding. After the abortion you may have bleeding on and off for 4-6 weeks.

For most patients, the embryo that is passing is so small that it will not be visible, but for patients whose pregnancy is 9-10 weeks, there is a possibility of seeing fetal tissue during this process.

Fever

Misoprostol can cause a rise in your temperature, but a fever of over 100.4 degrees could be an indication of early infection and should be reported to our office immediately. Please monitor your temperature for two weeks following the procedure. An infection discovered early is easily treated by our doctor.

Preventing Infection

In order to reduce your risk of infection you must have nothing in your vagina for two weeks after your abortion. This means:

- No tampons (use pads if you are experiencing bleeding)
- No sexual intercourse
- No douching

Activity

You should limit your physical activity for 2 weeks after your procedure in order to reduce the risk of heavy bleeding or hemorrhaging. This means:

- No heavy lifting
- Avoid strenuous activities

Follow-up with Ultrasound

It is **very** important that you have a follow up exam 7-14 days after you have taken the misoprostol (Cytotec™) and passed the pregnancy. We will do an ultrasound to check that the abortion was successful and that there is no tissue remaining in your uterus. Sometimes women need to take a second dose of misoprostol (Cytotec™). Very rarely, a surgical procedure is necessary to complete the abortion. This is also a good time to discuss contraception and your ongoing GYN care.

Whether or not you had heavy bleeding, passed clots, and had strong cramps, you should return to Whole Woman’s Health on the day of your follow-up appointment for an ultrasound. If you don’t return, the pregnancy could still be growing without your knowing it, or you could have a twin ectopic pregnancy. Even if you are still bleeding, keep your second appointment at Whole Woman’s Health.

_____ I will return to Whole Woman’s Health.

Day: _____ Date: _____ Time: _____ : _____

Pregnancy and Contraception

There is no way to know when you will ovulate after your abortion, so it is possible to become pregnant again as soon as you resume sexual activity. In order to prevent an unwanted pregnancy, it is highly recommended that you use a reliable method of contraception. 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 discuss birth control options with you, and help you choose a method that is best for you.

Feelings

After an abortion some women feel elated and relieved while others feel sad. Some women feel many conflicting emotions at the same time. 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 helped many women after an abortion:

- 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:

- Backline, honest pregnancy options discussion and information: (866) 439-4253
- Charlotte Taft, abortion counseling by telephone: (505) 757-2991
- Exhale, an after-abortion counseling talkline: (866) 439-4253

It is our sincerest wish that your experience at Whole Woman's Health was positive and that you were taken care of in a pleasant and professional manner. Please let a staff person know if there is anything we can do to further assist you.



Whole Woman's Health

Medication Timeline for Medication Abortion

1st day Mifepristone (Mifeprex™) tablet in office.	6-48 hours later Take the misoprostol (Cytotec™) pills at home.	7-14 days later Return to Whole Woman's Health for an ultrasound. If the abortion has NOT occurred, you may need more misoprostol pills, or a surgical abortion.
-------------------------------------------------------------------------	---------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Day One

- You will receive a 200 mg tablet of mifepristone (Mifeprex™) during your appointment at the clinic. You will also take an antibiotic.
- You will receive 4 (200 mcg) tablets of misoprostol (Cytotec™) to take home with you.
- You will receive prescriptions for a pain medication.
- After leaving the clinic, pick up your prescription at a pharmacy.

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

- On _____ @ _____, take one tablet of pain medication pill, preferably after a meal. Wait 30 minutes.
- Place the 4 tablets of misoprostol (Cytotec™) in between your cheeks and gums (2 on each side) and let them dissolve. After waiting 30 minutes, swallow what has not dissolved.
- Be sure to wear a maxi pad.
- Be sure to drink plenty of liquids. Avoid laying down for long periods of time. Walking around your home will help ease the cramping.
- Continue to take pain and nausea medication as needed.

Administration of Cytotec Vaginally:

- On _____ @ _____, take one tablet of pain medication pill, preferably after a meal. Wait 30 minutes.
- Wash and dry hands thoroughly. Place one tablet on top of your index fingertip, and with your other hand tap the tablet with very little water.
- Insert the tablet through the vaginal canal as far in as possible trying to reach the cervix, and placing the tablets in that area.
- Repeat these steps for each tablet one after the other.
- Wear a maxi pad, and lay down for at least 60 min.
- Continue to take pain and nausea medication as needed.

DO NOT consume alcohol or aspirin. In case of allergic reactions, excessive pain, or severe bleeding, contact our office immediately. We have a nurse on call 24 hours a day, 7 days a week. If calling during business hours please call ph# 410-661-2900. If calling after business hours please call ph# 443-414-7183.