

TAKE-HOME INFORMATION FOR MEDICAL ABORTION MEDICATION (In lieu of Discharge Summary)

What can I expect to feel after I take the second medication for a medical abortion?

For most women, medical abortion is like an early miscarriage. You might feel strong cramps, feel nauseous or vomit, have diarrhea or feel temporary abdominal pain

How to Use the Second Medication, Misoprostol:

The medical staff will instruct you as to the time you will insert the misoprostol tablets between your cheek and gum or into your vagina.

1. Take Naproxen (pain medication) thirty minutes to an hour before you insert the misoprostol in your mouth or into your vagina.
2. Empty your bladder and wash your hands.
3. If inserted into your vagina, use your fingers, insert the misoprostol tablets (4) one at a time as far into the vagina as they can go.
4. Though not necessary, some patients feel reassured when they rest on their backs for 30 minutes to an hour after vaginal insertion.

Note: It is not a problem if the tablets do not fully dissolve or drop out after 30 minutes to an hour, since enough of the medication will have already been absorbed.

After you take the second dosage of medicine (misoprostol), bleeding may start ½ to 10 hours after the medication - most women start between 2 and 4 hours. As a general rule, most patients will experience moderate to heavy bleeding - normal menstrual flow to very heavy bleeding with clots ranging in size from small (golf ball) to very large (an orange) during the abortion. The heaviest bleeding may last for 1 to 4 hours as the pregnancy is being expelled.

Many patients experience mild to severe lower gastrointestinal symptoms. Diarrhea and expulsions of clots often occur while the patient is on the toilet. Large amounts of bright red blood appear even larger when diluted and can be very frightening to patients, especially if there are large clots.

Bleeding usually slows substantially within 1 to 2 hours of passing the pregnancy. As a general rule, patients who have been bleeding heavily for fewer than two hours may be reassured that the bleeding should slow shortly.

24-HOUR CARE:

1-800-821-7237 or 918-665-6400

Twenty-four hour medical coverage is provided by calling _____ . A nurse will make every reasonable effort to return your call within 30 minutes. You may also contact emergency medical services (EMS) or go to the emergency room at a hospital. However, if you seek outside medical care without consulting us, we cannot be responsible for decisions made by physicians not associated with this clinic or for any expenses.

WHEN TO CALL THE CLINIC:

- soak more than 3 maxi pads an hour, more than 2 hours in a row.
- bleed heavily for more than 12 hours in a row
- pass clots larger than lemons for two hours or more
- run a temperature over 101E for more than four hours soon after using misoprostol. Call immediately if fever starts a few days after using the misoprostol or if you experience abdominal pain, weakness, nausea, vomiting or diarrhea more than 24 hours after taking misoprostol (cytotec) even in the absence of fever
- feel strong nausea or throw up for more than four hours
- are in pain, even with pain killers
- have an allergic reaction to the medicine (shortness of breath, rash, hives)
- do not have bleeding after taking misoprostol

WHAT HELPS?

Pain: Pain can usually be managed with a non-aspirin medication like Naproxen, Tylenol or 600-800 mg. of Ibuprofen. Your doctor can prescribe stronger medications if necessary.

Nausea or Vomiting or Diarrhea: Treatment is rarely necessary for these symptoms, which usually last only a few hours. If they persist for too long, medications may be prescribed.

Fever: After taking misoprostol, your temperature may be elevated for a short time, but it should return to normal once your bleeding starts. It is wise to monitor any abnormal temperature.

REMEMBER: During this abortion process, you will want to rest, use a heating pad or hot-water bottle if it makes you more comfortable, take non-aspirin medication only, and drink plenty of non-alcoholic beverages.

FOLLOW-UP VISIT: It is very important that you return to the clinic for a follow-up visit in order to make sure that you are not still pregnant. Your provider will be able to tell if your pregnancy has ended. If you are still pregnant, they will talk to you about the choices you have, including a surgical procedure to end the pregnancy.

Appointment Date _____

Patient's Signature _____ Staff Signature _____