

INSTRUCTIONS FOR THE ABORTION PILL

- 1. Day 1, Mifeprex:** When you are still in our office you will take the Mifeprex (mifepristone) pill with water or other liquid. This is considered Day 1. Eat and drink normally so you do not get dehydrated. You may have some symptoms like headache, nausea, dizziness, or more likely, some cramps or a little bleeding. Most women do not have these symptoms, but if you have cramps, we recommend Tylenol Extra Strength, Ibuprofen, or if the cramps are bad, take one of the pain pills we gave you. If you have hives (skin rash) or other reaction to the medicine call our office at 1-800-676-9011. Start antibiotic TONIGHT as directed.
- 2. Day 2, Misoprostol:** Within the next 24 hours, at your convenience, take 4 tablets of misoprostol either by letting it dissolve in your mouth between cheek and gum, or by swallowing. There may be fewer side effects like nausea or diarrhea letting it dissolve in your cheek. Gum or candy may help with the chalky or bitter taste. You can pick whatever time is convenient for you 12 hours after the Mifeprex. If you have childcare or other responsibilities, please make arrangements for help in case you need it.
- 3. Cramping** can start in an hour or longer. You may want to take some pain medication at the same time you take the misoprostol. Many women cope well with Ibuprofen 800 mg (4 tabs of over the counter Motrin, Advil type product) or 2 Aleve tablets (Naproxen Sodium). Or, you may take one tablet of the pain reliever we gave you. If cramping is severe, you can alternate Ibuprofen two hours after the Vicodin.
- 4. Bleeding** can start as soon as the first hour, but may not begin for as long as 4-8 hours. After the bleeding starts it may be heavy for 3-4 hours. Most women will pass the pregnancy during this time, although sometimes it will take longer. Clots can get very big, as large as a golf ball, or even a tennis ball size. Bleeding may also be heavy: using the full-size maxi-pads please call us if you saturate two pads an hour for two hours. Saturating means that if you wrung out or squeezed the pad, blood would drip. It may be kind of rough for a while, but after you pass some clots it should gradually get better.
- 5. Fever:** Don't be alarmed if you have a low grade fever, but if you feel chilled, dizzy, nauseous, or shaky for more than 4 hours, **with or without a fever or elevated temperature**, we want to hear from you. We want you to take an antibiotic in three doses starting the evening of Day 1. If a fever continues or is over 100.4 for more than four hours, call us. These may be side effects of the misoprostol, but they may also be signs of an infection which is rare, but potentially serious.
- 6. Passing the pregnancy:** Most women will pass pregnancy tissue (the gestational sac, which contains the embryo) sometime in the first 4- 8 hours. Some may take longer. It may be inside a clot or be more recognizable as a white or tan translucent sac. If you are not certain that you have passed it, you can stop by for an ultrasound this week. Call for

an appointment. If you had pregnancy symptoms, like nausea, you should start to feel better in the day after you pass the pregnancy.

7. What if it doesn't work? If you did not bleed much at all, or if your pregnancy symptoms persist for more than two days, you may not have passed the pregnancy. If you are unsure, come back for an ultrasound. If you have not passed the pregnancy, you can either take another dose of misoprostol or you can have a surgical procedure at no extra charge in our office, probably on a Tuesday, Wednesday, or Thursday, when Dr. Cousins is available. Please call first to discuss this.

8. Too much bleeding: You can have a lot of bleeding with this method, particularly if you are closer to 7 weeks LMP. If you are bleeding more than is described in #4, please call us. If you are bleeding heavily for more than 2 weeks, please call us. Follow the instructions carefully and call if your bleeding is more than we told you to expect. After we evaluate your condition we will tell you if we feel you need some medicine or to go to the Emergency Room. It is rare to have an emergency, but we have someone on call if you are experiencing a serious problem. Have the number of a pharmacy that is open when you call.

9. Contact us: If you are our patient, please feel free to call us during our regular office hours to let us know how you are doing. We are relying on your feedback to make sure you are OK. Call Monday- Friday 9 am - 5 pm and Saturdays 10 am - 2 pm. (607) 785-4171 or 1-800-676-9011, or if it's an emergency, see above.

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