

Medical Abortion (Mifegymiso) Instructions

1. Get supplies to manage bleeding and pain

Make sure that you have some large maxi pads before starting your medical abortion. These will help you to manage the heavy bleeding that will start once you take Mifegymiso. Do not use tampons or menstrual cups during your medical abortion.

Your health care provider may have given you a prescription for pain medication. If not, you can take acetaminophen (Tylenol®) or ibuprofen (Advil®, Motrin®) as directed on the packaging. Other comfort measures, such as a heating pad or hot water bottle, can also help with severe (very bad) cramping.

2. Fill your prescription for Mifegymiso at the following pharmacy:

3. Take mifepristone (green box)

Mifepristone is the medication in the green box inside the Mifegymiso package. Take **1 tablet** of mifepristone. **Swallow** the mifepristone with some water. Most people **do not feel any different** after taking mifepristone. A small number of people start bleeding and cramping because the pregnancy tissue has started to empty from the uterus.

Once you take mifepristone, your abortion cannot be reversed.

Take mifepristone on: _____ (date) at _____ (time)

4. Take misoprostol (orange box)

Misoprostol is the medication in the orange box inside the Mifegymiso package.

• Vaginally

- › This method is recommended because it causes less nausea.
- › 24 to 48 hours (1 to 2 days) after you take the **mifepristone** tablet, place all 4 misoprostol tablets in your vagina. Insert (put) them as high up as possible, like you would insert a tampon or menstrual cup.

• Orally (by mouth)

- › 24 to 48 hours (1 to 2 days) hours after you take the **mifepristone** tablet, place all 4 misoprostol tablets in your mouth at the same time. **Do not swallow these tablets.** Place 2 tablets between your cheek and gums on each side. Leave them there for 30 minutes. After 30 minutes, drink some water to swallow any pieces that are left.

Most people start bleeding and cramping within a few hours of taking misoprostol. This is normal. It means that the pregnancy tissue has started to empty from the uterus. The bleeding may be very heavy, and you may pass clots as small as quarters, or as big as lemons. You might also have strong or painful cramps.

Take misoprostol on: _____ (date) at _____ (time)

Call the Nova Scotia Choice Clinic Nursing Line if:

- You have heavy bleeding (soaking more than 2 pads per hour for 2 hours in a row). **Call right away if you have light-headedness, dizziness, or a very fast heartbeat (feeling like your heart is racing) while you are bleeding. If you cannot reach the Clinic, go to the nearest Emergency Department.**
- You have stomach pain or cramps that do not get any better with pain medication.
- More than 24 hours after you took misoprostol (the medication in the **orange box**), your temperature is more than 38° C (100.4° F). A fever or chills in the first 24 hours after taking misoprostol is normal. After 24 hours, a fever or chills could be a sign of infection.
- More than 24 hours after you took misoprostol (the medication in the **orange box**), you feel sick to your stomach, throw up, or have diarrhea (loose, watery poop). It is normal to have these symptoms in the first 24 hours after taking misoprostol. After 24 hours, nausea, vomiting, or diarrhea could be signs of infection.

You can reach the **Nova Scotia Choice Clinic Nursing Line** at 902-473-7072. This line is open Monday to Friday from 7 a.m. to 3 p.m., excluding holidays. Outside of these hours, you can talk with a **Registered Nurse** by calling **811** any time.

Sex and birth control

You can have sex as soon as you feel ready after your procedure. You can get pregnant again **1 week** after your medical abortion, even if you are still bleeding. Follow your health care provider's instructions on when to start your chosen method of birth control. You should use **a back-up method such as condoms** for 7 days (1 week) after starting birth control pills, a patch, or a ring so that your chosen method of birth control has time to start working.

Start using: _____ (birth control method) on _____ (date)

Follow-up appointment(s)

You will need to have a blood test **7 to 14 days** (1 to 2 weeks) after you take mifepristone (the first medication in the **green box**). This is to check that your medical abortion worked. We will give you a form for the blood test.

You should have your blood test on:

_____ (date) at _____ (blood test location)

After your blood test, your nurse will call you to confirm whether your medical abortion is complete and answer any questions you may have.

Follow-up appointment: _____ (date) at _____ (time)

Prepared by: Nova Scotia Choice Clinic

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