

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. It is not a good idea to use tampons or menstrual cups during your medical abortion.

You might also want **pain medication**. Your health care provider may have given you a prescription. If not, you can take acetaminophen (Tylenol®) or ibuprofen (Advil®, Motrin®). Other comfort measures, such as a heating pad or hot water bottle, can also help with pain.

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 **don't 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. 24-48 hours after taking mifepristone, put **4 tablets** of misoprostol in your mouth. **Do not swallow** the misoprostol – it won't work as well.

Insert in your cheeks: put 2 tablets on each side of your mouth. Hold them between your cheek and gum for 30 minutes, then swallow them.

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)

What are your questions? Please ask. We are here to help you.

Get help if:

- Your bleeding is soaking through more than 2 maxi pads an hour for more than 2 hours in a row.
- 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. It's 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 Women's Choice Clinic Nursing Line** at 902-473-7072. This line is open Monday – Friday from 7 a.m. to 3 p.m., excluding holidays.

You can talk with a **Registered Nurse** by calling **811** any time of the day or night, every day of the year.

Sex and birth control

You can have sex as soon as you feel ready. 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 after starting birth control pills, a patch, or a ring so that your method has time to start working.

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

Followup appointment(s)

You will need to have a blood test **7 to 14 days** 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 health care provider will follow up with you to confirm whether your medical abortion is complete and answer any questions you may have.

Followup appointment: _____ (date) at _____ (time)

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.
Please do not use perfumed products. Thank you!
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