

EARLY MEDICAL ABORTION AT HOME

You need to take two different pills, on separate days to complete the abortion. Please note, these pills have close to the same name, but are different. This patient information sheet will give you information on how to take the pills and what to expect. Please call our clinic staff if you have any questions. Before commencing, please ensure your pack includes:

- Mifepristone 1 × pill
- Misoprostol 6 × pills

You must be certain of your decision to end the pregnancy, as once the medications have been taken there is a small risk of abnormalities to the foetus if the pregnancy continues.

STEP 1: DAY 1

- If you have been prescribed an anti-nausea pill, take one and wait 30 mins, then
- Take the mifepristone pill, swallow this whole.
- If you vomit within one hour of taking the mifepristone please call our clinic staff

STEP 2: Wait 24 – 48 hours

Most women go about their normal everyday lives in the day or so between the first mifepristone tablets and the next misoprostol tablets. Some women will get some light vaginal bleeding or spotting after the mifepristone and before the misoprostol. This is normal. Tomorrow or the following day (in 24 – 48 hours) you will take the second pills (misoprostol).

You will bleed and have cramps after you take the misoprostol pills. It is best to plan before you take them:

- Check you have medication for pain relief
 - Ibuprofen 400 mg (2 tabs) taken maximum three times in a day — most effective OR Diclofenac 50 mg suppository — most effective
 - Paracetamol 1 g (2 tabs) taken maximum four times in a day — least effective
 - Tramadol OR codeine usually need maximum of 1 – 2 doses at time of abortion
- Ensure your phone is charged and you know your emergency contact number
- Buy maxi pads, food, and anything else you will need to help stay relaxed
- Plan some distraction like a movie you want to watch
- Arrange to have someone you trust to be with you for support and transport

Rarely, but occasionally, women bleed very heavily and need help urgently, just like with a miscarriage.

STEP 3: DAY 2/3:

- If you have been prescribed an anti-nausea pill take one.
- Take the ibuprofen OR diclofenac you have been given
- Wait 30 minutes.

STEP 4: DAY 2/3:

- **Take 4 misoprostol pills** (orally by mouth or by inserting into your vagina) the clinic staff will have discussed these options with you.
 - **Oral:** Take the 4 misoprostol pills. Put 2 pills between your lip and gum on one side of your mouth, and the other 2 on the other side of your mouth. Wait for the pills to dissolve. After 30 minutes, swallow what is left of the pills.

OR (especially if vomiting)

- **Vaginal:** Use a small amount of lube, using your finger place the 4 tablets as high as possible into the vagina.

Misoprostol causes the cervix to soften further and the uterus (womb) to contract, expelling the pregnancy, usually within the 4 – 6 hours after the misoprostol is taken.

STEP 5: DAY 2/3:

The cramps and bleeding may start within 30 minutes of taking the misoprostol or may take a little longer, but if nothing or very little has happened after 6 hours place the remaining 2 misoprostol tablets on one side of your mouth between your gum and lip. Wait for the pills to dissolve. After 30 minutes, swallow what is left of the pills.

- If you do not have any bleeding within 24 hours of taking the misoprostol please call us

What will happen after I take the misoprostol pills?

- It is normal to cramp and bleed, this usually starts 1 to 4 hours after you take the pills. It can last for hours and will be heaviest when the pregnancy comes out. Just before the pregnancy comes out you may feel pressure in your bottom, or fullness in your vagina. Cramping and bleeding slows down after the pregnancy comes out.
- For most women this process takes 4 – 8 hours, it can be quicker or longer.
- The pregnancy is very small, and you may not see it. If you are more than 8 weeks (2 months) pregnant you may see the fetus (it is about 0.5 – 1 cm size).
- Bleeding can be heavy, and you may see large blood clots the size of your palm
- You may feel sick.
- You could have diarrhoea.
- You could have mild fever or chills for a little while.

Things you can do to help the cramps:

- Take your pain pills.
- Put a hot water bottle or heat pack on your belly.
- Take a shower.
- Sit on the toilet.
- Have someone rub your back.

After care information

- Bleeding — It is normal to have a small to moderate amount of bleeding (like a normal period) afterwards. You may notice some small blood clots over the next few days. This can last for 5 – 6 weeks. If you are soaking one or more pads in an hour or passing heavy clots or you are concerned regarding the amount of bleeding, seek medical advice
- You will usually have your next period in about 4 – 6 weeks, which may be a little heavier than normal. Please contact the abortion service or your GP if you do not get your period within the next 6 – 8 weeks.
- Cramping — You will cramp less and less as the hours and days go by.
- Fever and chills — You may have fever and chills the day you take the misoprostol pills. It is not normal to have a fever after that. Call us straight away if you do. It could be a sign that you are getting an infection.

What do I need to do next?

- You should use contraception straight away if you don't want to get pregnant, as discussed with clinic staff.
- You absolutely must get the blood test or take the urine pregnancy test provided 3 weeks after you have taken your tablets. This is the only way to confirm that you are no longer pregnant and that your pregnancy has passed completely. Please only use the pregnancy test provided. This is a special post abortion pregnancy test — do not use a pregnancy test you can buy in the supermarket or pharmacy.

When should I be worried and seek help? If you experience any of the following:

- A temperature (fever) 38°C or higher. A fever the day you take the misoprostol can be a normal side effect. If you are worried, phone us.
- Soak more than 2 maxi pads an hour for more than 2 hours.
- Pass 'big' (larger than the size of your palm) blood clots for more than 2 hours.
- Bleed heavily for more than 12 hours in a row.
- Throw up for more than 4 to 6 hours.
- Have pain that is not helped by pain relief.
- Are weak, feel sick, have abdominal pain or discomfort, throw up, or have diarrhoea for more than 24 hours after taking misoprostol pills. All of these could be signs of serious infection.

My Plan

STEP 1:	I will swallow the mifepristone tablet Date & Time _____ (Less than 70 days from the 1st day of last normal period or by scan dates)
STEP 2:	I wait 24 – 48 hours
STEP 3:	I will take my anti-nausea medication & pain relief – 30 mins prior to taking the misoprostol
STEP 4:	I take 4 misoprostol tablets (between my lip and gum) Date & Time _____
STEP 5:	If I have little or no bleeding after 6 hours I will take 2 more misoprostol tablets.
STEP 6:	Please complete the 5 – 7 day blood test /or 4 week pregnancy test as directed. Please note: These tests are the only definitive way of knowing the abortion has been successful and that you are no longer pregnant.