The Women's Centers
Atlanta Women's Center (404) 257-0057
Cherry Hill Women's Center (856) 667-5910
Delaware County Women's Center (610) 874-4361
Hartford GYN Center (860) 525-1900

# Medication Abortion Take-Home Instructions for Telehealth Patients

You can either receive your medications in the mail or pick them up at our center, whichever is more convenient for you. The following items will be in your medication abortion package:
1 Mifeprex pill
1 bottle of 8-12 misoprostol pills
1 bottle of Ibuprofen 800mg or Acetaminophen 500 mg (extra-strength Tylenol) for pain
1 bottle of Reglan (Metoclopramide) or Zofran (Ondansetron) tablets for nausea
1 Pregnancy test

**Before you begin:**
Choose the day and time you want to start your abortion. The bleeding and cramping will start after you take the second medication so that is when you want to be in a comfortable place with access to a bathroom.

**MIFEPREX:** You will begin your medication abortion process by taking the first pill called **MIFEPREX**. This starts your abortion by blocking the hormones that enable the pregnancy to grow. It is unlikely that you will experience any side effects of this medication, but it is possible to have a headache, diarrhea, vaginal bleeding, nausea or vomiting, stomach or uterine cramps.

**0-48 Hours later - MISOPROSTOL:** To complete the abortion process you need to take 4 pills called **MISOPROSTOL.** These are the pills that will cause bleeding and cramping and the passing of the pregnancy. You can put the misoprostol pills *buccally (*in your *cheek)* **OR** in your *vagina*.

*Buccally (between your cheek and gums)*: If you choose to put the misoprostol between your cheek and gums, you must wait 24-48 hours after taking the Mifeprex. Put the pills in your lower jaw between your cheek and your gum (2 pills on each side). The pills will sit there and become chalky and pasty. They are not meant to fully dissolve. Do not eat or drink anything while the pills are in your mouth. After 30 minutes, take a sip of water or other beverage, swish around the pills and swallow whatever is left.

*Vagina*: If you choose to put the misoprostol into your vagina, you may do so any time after taking the Mifeprex up to 48 hours later if you are under 9 weeks pregnant or 24-48 hours after Mifeprex if you are over 9 weeks pregnant. Place all 4 pills as high up in your vagina as possible and allow them to dissolve.

**If you are over 9 weeks pregnant**, please repeat this process in 4 hours *using the buccal method (in your cheeks)* with an additional 4 misoprostol pills. **If you are less than 9 weeks pregnant** and have very little bleeding and cramping in the first 24 hours, you may also repeat this process with another 4 tablets of misoprostol.

With misoprostol it is expected that you will have:

- Intense cramps in your uterus
- Vaginal bleeding and clotting

It is also normal to experience:

- Nausea and/or vomiting
- Irritation in your mouth after the pills
- Headache
- Diarrhea
- Feeling tired
- Elevated temperature

Some patients report that symptoms are mild, while others report they are more intense. Every person is different and experiences the medical abortion process in their own way. You should expect to have intense cramping and bleeding. Many people also experience nausea, and some may vomit. Vomiting after the pills dissolve does not mean the medications were wasted.
Side effects like bleeding, cramping, and clotting are most common for the first 5 days after taking the misoprostol, and it is normal to have an increase in bleeding 3 to7 days after the misoprostol. You may continue to have bleeding of and on for weeks up until you get a period.

## Taking Care of Yourself during your Medication Abortion

**Take your pain medication (ibuprofen or acetaminophen/Tylenol) and your anti-nausea medication about 30 minutes prior to taking your misoprostol pills with some food.**

**For cramping:**

- Take the prescribed pain medications regularly. For mild pain, take Ibuprofen 800mg every 6-8 hours. For moderate to severe pain, take Ibuprofen 800mg + Acetaminophen (extra-strength Tylenol) 1000mg every 8 hours.
- Take a hot shower or bath. Use a heating pad or hot water bottle on your abdomen.
- Drink plenty of fluids.
- Drink a hot beverage like tea or hot water.
- Blood clots are normal during your medication abortion experience and once they are out of your uterus, your cramping may decrease. Do not be alarmed if you pass blood clots, they were the likely source of your pain! To help with passing clots, you can:
    - Walk around if you're feeling uncomfortable, being upright can be helpful.
    - Using your fist, deeply massage the area below your bellybutton.

**For nausea**:

- Take the prescribed nausea medication or over-the-counter non-drowsy motion sickness medicine (such as Dramamine).
- Ginger can also help with nausea. Try ginger ale, ginger candy, or ginger tea.

## Follow-up Assessment

You will receive a text/email from us on the day of your scheduled follow-up assessment. You will be asked to complete a series of questions to assess whether you have passed the pregnancy. Once you complete the form, a staff member will review and contact you if there are any questions. If either you or the staff member do not feel confident that you have passed the pregnancy, you will be scheduled for an in-person visit to the Center. **It is very important that you complete this process.**

**Please record the following information to report at your follow-up assessment:**

☐ Date/time you swallowed Mifeprex at home _____

☐ Date/time you took the 1st dose of Misoprostol _____ (circle) by mouth/vaginally

☐ Date/time you took the 2nd dose of Misoprostol _____ (circle) by mouth/vaginally (if applicable)

☐ Your follow-up assessment is scheduled for 1 week after you met with your doctor.

☐ Take a home pregnancy test 5 weeks after you took your Mifeprex Pill. Write the date you are supposed to take the test here: _____. Place 3 drops of urine in the test and wait 3 minutes. One line is negative, two lines is positive. **If your result is positive, you must call the office to schedule an in-person visit.**

**<u>*When to Call Our 24-Hour Emergency Hotline*</u>**

- If you have a fever of 100.4° or higher.
- If you have abdominal pain or cramps in your uterus that don't go away after you have treated yourself with the prescription pain medicine.
- If you are soaking through 2 overnight maxi pads an hour for 2 hours in a row.
- If you feel like you have the flu or have consistent weakness, nausea, vomiting or diarrhea for more than 24 hours after the misoprostol.
- If you have a question that isn't answered on this sheet or you don't know if what you are feeling is normal.

**HOTLINE PHONE NUMBERS:**

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