

# MEDICAL ABORTION (MIFEGYMISO) INSTRUCTIONS

## 1. Get supplies to manage bleeding and cramping

Before starting your medical abortion, make sure that you have some **large maxi pads**. These will help you to manage the heavy bleeding that will start once you take Mifegymiso. It's not a good idea to use tampons or menstrual cups during your medical abortion.

You might also want **medication for pain** and other comfort measures, such as a heating pad or hot water bottle. Your healthcare provider may have given you a prescription for pain medication. If not, you can take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) to help.

According to your healthcare provider, you can manage pain by taking:

\_\_\_\_\_ every \_\_\_\_\_  
 (medication and dose) (frequency of dose)

## 2. Take mifepristone

Take **1 tablet** of mifepristone. This is the medication in the **green box** inside the Mifegymiso packaging. **Swallow** the mifepristone with some water. Most healthcare providers will ask you to wait **24-48 hours** before inserting the misoprostol, the second medication in the Mifegymiso package. This is to give the mifepristone time to work.

Most people **don't feel any different** after taking mifepristone. A small number start bleeding and cramping because the pregnancy tissue has started to empty from the uterus. Once you take mifepristone, your abortion cannot be reversed.

According to your healthcare provider, you should take mifepristone on:

\_\_\_\_\_ at \_\_\_\_\_  
 (date) (time)

## 3. Insert misoprostol

After 24-48 hours, insert **4 tablets** of misoprostol. This is the medication in the **orange box** inside the Mifegymiso packaging. **Do not swallow** the misoprostol – this makes it less effective. Instead, insert the tablets one of two ways:

**In you vagina:** use your fingers to insert all 4 tablets **into your vagina** as far up as you can.

**In your cheeks:** put 2 tablets on each side of your mouth. Hold them **between cheek and gum** for 30 minutes.

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

According to your healthcare provider, you should take misoprostol on:

\_\_\_\_\_ at \_\_\_\_\_  
 (date) (time)

## Call your healthcare provider or Telehealth Ontario if...

- Your temperature is more than 38° C (100.4° F) and it's been more than 24 hours since you took misoprostol, the medication in the **orange box**. It's normal to have a fever or chills in the 24 hours after taking misoprostol. After this, a fever or chills could be a sign of infection.
- 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 don't get any better with pain medicine.
- You feel nauseous, throw up, or have diarrhea and it's been more than 24 hours since you took misoprostol, the medication in the **orange box**. It's normal to have these symptoms in the 24 hours after you take misoprostol. After this nausea, vomiting, or diarrhea could be signs of infection.

You can reach **your healthcare provider** during business hours by calling: \_\_\_\_\_  
(phone number)

You can reach **Telehealth Ontario** 24 hours a day by calling: 1-866-797-0000

You can reach the **Celopharma** Mifegymiso support line 24 hours a day by calling: 1-877-230-4427

## Starting birth control

You can have sex as soon as you feel ready. You can become pregnant again **1 week** after your medical abortion, even if you are still bleeding. Follow your healthcare 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 the pill, patch, or ring so that it has time to start working.

As discussed with your healthcare provider, you should start using:

\_\_\_\_\_ at \_\_\_\_\_  
(birth control method) (date)

## Follow-up appointments

You will need to have a **blood test 7-14** days after you take mifepristone, the medication in the **green box**. This is to check that your medical abortion was successful. Your healthcare provider should give you a form for the blood clinic. If not, call your healthcare provider for instructions.

According to your healthcare provider, you should have a blood test on:

\_\_\_\_\_ at \_\_\_\_\_  
(date) (blood test location)

After your blood test, your healthcare provider will **follow up** with you to confirm whether your medical abortion was complete and answer any questions you may have. Your follow-up appointment will be either:

**In person:** go to your healthcare provider's office on \_\_\_\_\_ at \_\_\_\_\_  
(date) (time)

**By phone:** your healthcare provider will call you on \_\_\_\_\_ at \_\_\_\_\_  
(date) (time)