

What to expect when ending a pregnancy at home



If you are having a medication abortion, here are some things to keep in mind. Medication for abortion is often called the abortion pill, but it is not just 1 pill. It involves taking 2 medications, mifepristone and misoprostol, early in the pregnancy. Both medications are available for sale in Canada under the brand name Mifegymiso[®], which is used only if your last period started 63 days ago or earlier.

How to get the medications

When you present a prescription to a pharmacist, they can dispense both medications and explain when and how to take them.



How do the medications work?

Mifepristone is the first medication you take. It works by blocking progesterone, which is needed to keep pregnancy going. When progesterone is blocked, it triggers the end of the pregnancy. Mifepristone causes little to no symptoms, so you probably will not feel anything after taking it.

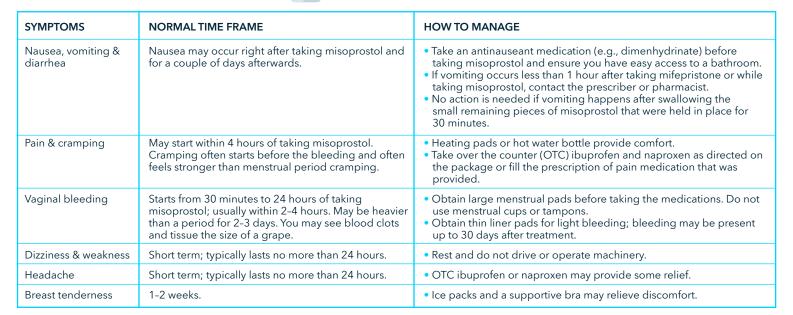


Misoprostol is the second medication you take 24–48 hours after mifepristone. Misoprostol causes the uterus to contract and relaxes the opening of the cervix, thereby expelling the pregnancy. Vaginal bleeding and cramping starts a few hours after taking the tablets. You need to be somewhere you can relax for this step.

How to take the medications

Take the **mifepristone** tablet by swallowing with a glass of water.

Take the 4 **misoprostol** tablets by placing them between your cheeks and gum; keep them in place for 30 minutes and swallow any pieces that are left with water.





When symptoms become a medical emergency

SYMPTOMS	TIME FRAME
 Abdominal pain or discomfort, feeling sick - including weakness, nausea, vomiting, diarrhea (with or without fever) 	 More than 24 hours after taking misoprostol
 Heavy bleeding; enough to soak through 2 thick, full-size menstrual pads OR Prolonged heavy bleeding 	 Soaking through the pads each hour for more than 2 consecutive hours Passing lemon-sized tissues for more than 2 hours Heavy bleeding lasting more than 16 days
 Abnormal vaginal discharge 	 During and/or after the process
 Prolonged pain and cramping 	 Pain not relived by pain medications or cramping lasting more than 16 days
• Fever >38°C and chills	Lasting 6 hours or more





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