

Medication Abortion with Clinic Visit

Medications and Supplies:

<u>Item</u>	<u>Quantity</u>	<u>Reason Used</u>
Mifepristone (in clinic)	01	stops the pregnancy growth
Step 1 -Ibuprofen or Naproxen	20	long-term pain/inflammation control
Step 1 -Promethazine/Ondansetron	06	nausea control
Step 2 -Misoprostol (in home kit)	04 to 08***	clears the uterus (womb)
Step 3 -Acetaminophen	08 or more	short-term pain control
Pregnancy test	01	confirms complete abortion
Heating pad	optional	cramp relief
Birth Control	optional	prevents pregnancy

Pain, nausea, and birth control prescriptions will be at the pharmacy you chose.

At the Clinic: Mifepristone will stop the pregnancy growth.

A provider will give this pill to you in the clinic to swallow with water. Do not expect much bleeding. Finish all medicines even if you have vomiting or start bleeding before the next steps.

After Clinic: Misoprostol will start the bleeding that will clear the uterus.

Misoprostol can be used up to 3 days after the medicine you took at the clinic.

Plan when you want to use misoprostol to start the bleeding. Choose a day when you can rest and be near a bathroom for at least 6 hours.

Misoprostol can be inserted in 3 different ways. Use one of the methods recommended for the day you chose.

On the day and time you choose to start the bleeding with misoprostol:

Step 1: Swallow a long-term pain pill AND a nausea pill one hour BEFORE Step 2.

This will help decrease your nausea and cramps. Some of these medications cause drowsiness. Only take these when you are already and at the place you want to be when the bleeding starts.

Step 2: One hour later insert 4 misoprostol pills at one time. Use one of the three ways:

Dissolve in vagina (vaginal) Between 6-72 hours after you took mifepristone at clinic:

Place lube on a finger. Put a pill on top. Push your finger into your vagina until it stops. Repeat until all 4 tablets are inserted. Use this option if you already have nausea or vomiting.

OR

Dissolve in cheeks (buccal) Between 24-48 hours after you took mifepristone at clinic:

Place the 4 pills in cheeks for 30 minutes then swish and swallow with water

OR

Dissolve under tongue (sublingual) 24 hours after you took mifepristone at clinic:

Place the 4 pills under the tongue for 30 minutes then swish and swallow with water.

Step 3–As soon as you feel cramps take a short-term pain medication!

Once the cramps start, take pain medicine every four hours until the pain is gone.

*****Step 4: The doctor may give you a second dose of misoprostol.*****

Four hours after Step 2 wash your hands. Place 4 misoprostol pills in your cheeks. Leave the pills for 30 minutes. Swish and swallow with water. Continue pain and nausea medicine as needed.

WHAT TO EXPECT

Cramping and Bleeding:

Misoprostol (Step 2) causes cramping and bleeding with clots. The cramps and bleeding may be more than you get with a period. The cramps usually start 1 to 4 hours after you take the pills, and may last up to 6 hours. This heavy bleeding means that the treatment is working. The bleeding can last up to 4 weeks, and it may stop and start a few times.

Take short-term pain medicine (acetaminophen) as soon as you feel pain and cramps. Repeat every four hours until your pain is gone.

Take another long-term medication ibuprofen every 8 hours or naproxen every 12 hours.

Use a heating pad to relieve pain. Herbal teas may also help.

You should drink 6-8 glasses of water daily when bleeding to prevent dehydration cramps.

Other Symptoms:

You may have nausea, diarrhea, fever, chills or other flu-like symptoms. This should get better by the next day after Step 2. Follow the pharmacy instructions for taking nausea medicines.

Feeling moody is also normal.

Your Next Period:

You can expect a period in 4 to 8 weeks. The first period after an abortion may be different from what you are used to. The bleeding may be heavier or lighter and it may not last the same number of days.

BIRTH CONTROL

If you gave ACWC permission to prescribe birth control pills, patch or ring, the first year's supply is at the pharmacy you chose. The Depo Provera injection is available at the clinic. Start birth control as soon as possible. Use condoms at all times if you have sex before you have been on birth control for 7 days. Call ACWC right away if you have stomach, leg or arm pain; or any other symptoms that make you feel bad while using birth control.

FOLLOW UP CARE

You will receive a text message with a link to a follow-up survey after 7 days.

You will receive another message and link 4 weeks after your clinic visit. Use the pregnancy test on the same day you receive the 4-week text. Taking the pregnancy test too early may give a false result.

CALL ACWC

Call ACWC if ASAP if:

Your bleeding soaks through more than 4 maxi pads in 2 hours

OR

You have not bled heavier than a period 24 hours after taking the misoprostol

OR

You start to feel very ill after the heavy cramping and bleeding is over

OR

Your pregnancy symptoms are not going away (breast tenderness, morning sickness, etc).

Call 770 212 9660 to speak with someone right away. You will hear 1- 2 recorded messages. Don't hang up. An operator will answer and ask for your contact info. A provider will then call you back.

Call **770 212 9766** to leave a message. A provider will then call you back.