

-Taking Care of Yourself -

AFTER NORMAL BUSINESS HOURS EMERGENCIES OR QUESTIONS:

If you have a problem or concern that you feel requires immediate attention **after normal business hours, please call (800) 612-0973**. If you have trouble getting through, **please call (248) 233-1081**. Our answering service will page the physician on-call and someone will call you back. If you think you are having a medical emergency, call 911 immediately. If you go to an emergency room, tell them that you have started a medication abortion using mifepristone and ask them to page our physician at the phone number above.

TAKE THIS INSTRUCTION SHEET WITH YOU SO THE ER PHYSICIAN WILL KNOW EXACTLY WHAT MEDICATIONS YOU HAVE TAKEN.

**Questions regarding how to take medication are not an emergency.* We reviewed your instructions in the office; additionally the information is on this sheet, on our website, and the prescription bottles. If you have medication questions, please call during office hours.

URGENT WARNING: If your pregnancy continues after you use mifepristone, the fetus could develop deformities.

It is **EXTREMELY IMPORTANT** that you continue with the next phase of the process. You **MUST** insert the misoprostol tablets within the instructed time frame listed below (6 – 48 hours after you take the mifepristone in our office):

_____ and _____
(Time and Date) (Time and Date)

- If you are over 9 weeks, the best time to insert the misoprostol is 24 hours after you take the mifepristone

Medication Instructions (*listed in order of use*)

Before you start this process FILL ALL PRESCRIPTIONS AT A PHARMACY! We advise you to take your prescriptions to a 24-hour pharmacy or make sure you pick-up before they close. Unfortunately, we cannot do anything if you do not pick up your medications before your pharmacy closes.

Attention all out of state patients:

Fill all prescription medications in Michigan before crossing state lines.

A. First medication given in office—MIFEPRISTONE: one tablet is taken by mouth on the day of your appointment. The doctor will give this to you, and you will take it in the office.

B. Your antibiotic—AZITHROMYCIN: taken by mouth with food *as soon as possible* on the day of your appointment. If you are inserting the misoprostol the same day as the mifepristone, take your antibiotic first. After this, you are done with Azithromycin.

C. Regular-strength pain reliever—IBUPROFEN: one tablet is taken by mouth ½ hour before you take misoprostol. You can continue to take one tablet every 6 hours as needed for pain for the next couple of weeks.

D. Medication you insert at home—MISOPROSTOL: four tablets are inserted vaginally at home 6 to 48 hours after mifepristone. Insert all four tablets, one at a time, into your vagina. (*See Misoprostol Instructions on page two.*)

E. Your strong pain reliever—TYLENOL #3 or NORCO: one or two tablets can be taken every 4 to 6 hours as needed for pain. Start with two tablets at the first sign of cramping after inserting misoprostol.

Misoprostol Instructions, Step By Step:

Before you start this process, you should've already taken your antibiotic and have all your medications filled

1. 30 minutes before you plan to insert the misoprostol, take 800mg of ibuprofen, your regular strength pain reliever.
2. Insert the misoprostol tablets **vaginally**.
 - **How to insert the misoprostol vaginally:**
 - a) **Empty your bladder.**
 - b) **Wash your hands.**
 - c) **Push the four misoprostol tablets one at a time, up into the vagina as far as you can, using your finger.**
 - d) **Lie down for about 30 minutes after you insert the misoprostol into the vagina.**
 - **It's OK if the tablets fall out after 30 minutes. If the tablets fall out before 30 minutes, you may reinsert them.**
3. **STRONG PAIN MEDICATION** - You have a prescription for a strong pain reliever. **DO NOT** take aspirin. Take 2 at the first sign of cramping for the most pain relief. You may take this as needed throughout the misoprostol process according to the directions. If you did not fill your prescription you may take ibuprofen or Aleve.

What to Expect During the Misoprostol Process

- **BLEEDING AND CLOTTING** – You should expect the possibility of very heavy bleeding and you may pass some large clots (up to and including the size of a lemon). If you are soaking* (see definition below) through 2 or more pads per hour, for 2 consecutive hours, call the clinic immediately. If you do not begin bleeding within 48 hours, please call the clinic during business hours.
- **CRAMPING** – Very strong cramping can be a normal part of the process. If your cramping lasts for more than 2 hours *after taking your strong pain medication without relief*, call us. If you have severe abdominal pain (not cramping), call us immediately. You can help relieve pain by using a heating pad, taking a warm shower, using Tylenol, or drinking raspberry tea.
- **VOMITING** – If you are experiencing vomiting more than 24 hours after inserting the misoprostol, call the clinic.
- **DIARRHEA** – You may take over-the-counter Imodium following the manufacturer's instructions for relief of diarrhea.
- **TEMPERATURE** – Take your temperature 3 times a day (morning, afternoon and evening) until you return for your check up. If your temperature is 100.4 or higher *after* you have taken Tylenol or ibuprofen for more than 4 hours, call the clinic.
- **"FEELING SICK"** – If you have abdominal pain or discomfort, or you are "feeling sick," including weakness, nausea, vomiting, or diarrhea, with or without fever, more than 24 hours after inserting the misoprostol, contact us immediately.

* **Definition of soaking:** filling a full size pad with fresh, bright red blood, from front to back, side to side – not including clots. If you hold the pad up, it will drip.

Your Follow-up Appointment:

Date _____

Time _____

Notes _____