

-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 (877) 496-8513. 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.

If you feel comfortable, 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 and the prescription bottles. If you have medication questions, please call during office hours.

URGENT WARNING: If your pregnancy continues after the use of the medication abortion, the chances of birth defects are unknown. 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 list; if you are less than 9 weeks into the pregnancy you will insert 6 – 48 hours after you take the mifepristone in our office. If you are 9.0 weeks or further into the pregnancy, you must insert between 24-48 hours. Additionally, if you are 9.0 weeks or further into the pregnancy, a second dose of misoprostol will be necessary, 4 hours after the first dose*

_____ and _____ 4 hours after 1st dose
(Time and Date) (Time and Date) Time and Date for 2nd dose if 9.0 weeks or further

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; also please note that Michigan pharmacies do not accept out of state Medicaid.

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, provided you are not feeling sick to your stomach, 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. If you vomit within 30 minutes of taking the Azithromycin, please call the office.

C. Anti-nausea medication **ONDANSETRON**: Patients 9.0 weeks or further into the pregnancy will receive a prescription for this. Place 1 tablet on your tongue 30 minutes prior to each dose of misoprostol.

D. 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.

E. Medication at home—**MISOPROSTOL**: four tablets are inserted vaginally at home. If you are less than 9 weeks into the pregnancy, you will insert the first dose 6 to 48 hours after mifepristone. If you are 9.0 weeks or further into the pregnancy you will insert 24-48 hours after mifepristone. Insert all four tablets, one at a time, into your vagina (*See Misoprostol Instructions on page two*). If you are 9.0 weeks or further into the pregnancy, a second dose of four tablets will be taken buccally, 4 hours after the first dose was inserted (*See Misoprostol Instructions on page two*).

F. 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 other medications filled

1. 30 minutes before you plan to insert the misoprostol, take 800mg of ibuprofen, your regular strength pain reliever. If you are 9.0 weeks or further into the pregnancy, also place 1 Ondansetron tablet on your tongue to dissolve.
2. Insert the first dose of 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. **If you are 9.0 weeks or further, a second dose of misoprostol is to be taken 4 hours after the first dose.** The second dose will be taken **buccally**.

- **How to take misoprostol buccally:**
 - 30 minutes prior to this dose, place 1 Ondansetron tablet on your tongue to dissolve**
 - a) **Wash your hands**
 - b) **Put 2 pills inside each side of your mouth (4 total) between your cheek and gum and let them dissolve**
 - c) **Do not have anything to eat or drink for 30 minutes**
 - d) **After 30 minutes it's OK to drink water and swallow any portion of the pills that are still in your mouth**
3. **STRONG PAIN MEDICATION** - You have a prescription for a strong pain reliever. 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. **DO NOT** take aspirin

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** – If your temperature is 100.4 or higher for more than 4 hours *after* you have taken Tylenol or ibuprofen, 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.

-Remember to fill out your Follow up Checklist in 1 week and take a pregnancy test in 4 weeks. Do not take a test before 4 weeks as it may show a positive result even though you are not pregnant.

-If you are over 9 weeks, a follow up appointment will be scheduled for you.