

Misoprostol Instructions, Step By Step:

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.