# Northland Family Planning

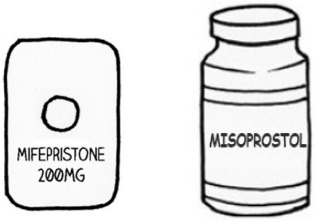
## Medication Abortion Instructions

If you have concerns or questions (including how to take your medication), please call us during business hours at **(800) 447-7354**.
If you have an urgent concern or problem after normal business hours, please call **(877) 496-8513**.
If you have trouble getting through, **please call (248) 233-1081**.

If you are having a medical emergency, call 911 immediately.

### THE PILLS:

You need two types of pills. the first is **mifepristone**. The second is **misoprostol**.




### 1. TAKE MIFEPRISTONE

Swallow one 200mg pill.

### TIMELINE FOR TAKING PILLS:

**IF YOU ARE LESS THAN 9.0 WEEKS BY LMP**

**The day your pills arrive in the mail:**

- Take mifepristone

**6-48 hours after taking mifepristone:**

- Take ibuprofen and ondansetron (if prescribed)
- Then insert 4 misoprostol pills vaginally
- Wait 4 hours, then take ondansetron (if prescribed)
- Then take 4 more misoprostol pills buccally

**IF YOU ARE 9.0 WEEKS OR MORE BY LMP**

**The day your pills arrive in the mail:**

- Take mifepristone

**24-48 hours after taking mifepristone:**

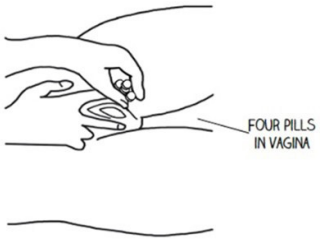
- Take ibuprofen and ondansetron (if prescribed)
- Then insert 4 misoprostol pills vaginally
- Wait 4 hours, then take ondansetron (if prescribed)
- Then take 4 more misoprostol pills buccally

### 2. TAKE PAIN AND NAUSEA MEDICATION

Take one 800mg ibuprofen pill. You can take more as needed later- follow the directions on the package. For ondansetron (the nausea medication), if prescribed, place 1 tablet on your tongue 30 minutes prior to each dose of misoprostol.

## 3. TAKE 4 MISOPROSTOL PILLS VAGINALLY

Vaginally: Go to the bathroom, empty your bladder, and wash your hands. Lie down and put 4 pills into your vagina. Keep laying down for 30 minutes as your body absorbs the medicine. If the pills fall out after 30 minutes, throw them away.



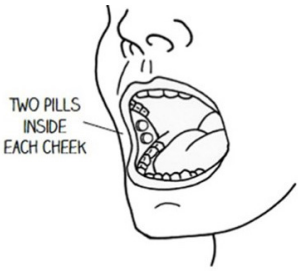

## 4. Wait 4 hours and then go to step 5.

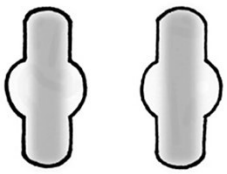
## 5. TAKE NAUSEA MEDICATION AGAIN.

Take another ondansetron, and then wait 30 minutes.

## 6. TAKE LAST 4 MISOPROSTOL PILLS BUCCALLY

Buccally: Put two pills inside each cheek. Leave them there for 30 minutes while your body absorbs the medicine. The swallow the pills with a drink.



**Remember 2 x 2**
2 pads for 2 hours is too much – call us!

### EXPECT BLEEDING

Cramps and heavy bleeding should start within 48 hours after misoprostol. You may see blood clots, including large ones up to the size of a lemon. If you are 9 weeks or more, you may see an embryo. You may have loose stools, fever, or chills.

### HOW MUCH BLEEDING IS TOO MUCH?

If you soak through 2 maxi-pads per hour for 2 hours in a row, you should call the office.

### WHEN TO CALL THE OFFICE:

- You have a temperature of 100.4 or higher that lasts for more than 4 hours, even after taking ibuprofen
- Your bleeding has not started and it's been at least 48 hours (2 days) after taking the second dose of misoprostol
- Your cramping is 10/10 even after taking all pain medication
- Your bleeding is so heavy that you soak through two or more maxi pads per hour, for two hours in a row
- You have vomiting that lasts more than 24 hours after taking misoprostol
- 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, call us immediately

### NEXT STEPS:

- In 1 week, fill out your online follow-up form
- In 4 weeks take a pregnancy test and fill out your online follow-up form. Do not take a test before 4 weeks, as it may show a positive result even though you are not pregnant.