

Medication Management of Abortion or Early Pregnancy Loss

How to use mifepristone and/or misoprostol tablets

This handout explains how to use the medications mifepristone and misoprostol. Some patients or providers may choose to only use misoprostol, which is also okay.

Using Your Mifepristone Tablets

In the clinic you may have received a medicine called mifepristone. It helps misoprostol work better.

- Take 1 mifepristone tablet by mouth 24 to 48 hours **before** using misoprostol.
- You might have some side effects like cramping, vaginal bleeding, nausea, or vomiting.
- **Do NOT eat grapefruit or drink grapefruit juice** for 24 hours after you take Mifepristone. These foods can cause problems with your medication.
- Mifepristone should be stored between 59°F - 89°F (15°C - 30°C). Try to keep the mifepristone tablets within the recommended temperature range as much as possible to ensure the medication stays effective.
- If mifepristone is refrigerated at a temperature between 36°F - 46°F (2°C - 8°C) for 24 hours or less, it is still safe to use. If you have any concerns about storage, contact your healthcare provider or pharmacist for guidance.

Using Your Misoprostol Tablets

You will go home with misoprostol (Cytotec) tablets. This medication causes your uterus to cramp and push out the pregnancy tissue.

At least 30 minutes before taking misoprostol:

- Take 600 to 800 mg ibuprofen (Advil or Motrin), or **500-1000 mg** naproxen (Aleve). We recommend taking this with food.
- Take antinausea medication if your provider prescribed it for you.

You may use misoprostol either by placing it in your vagina (vaginal method) or between your cheek and gum (buccal method).

Vaginal Method

In 24 to 48 hours after using Mifepristone:

1. Wash your hands. Then gently place 4 misoprostol tablets into your vagina as far as you can reach, like putting in a tampon.

2. Lie down for 30 minutes to help your body absorb the medicine.
3. The tablets will dissolve slowly. If a whole tablet falls out without dissolving, insert a new one. Wash your hands before and after inserting the tablet.
4. It is normal to have vaginal discharge as the tablets melt. Wear a sanitary pad. Wash your hands well if any discharge gets on your skin.
5. **If you are 9 or more weeks pregnant:** Take 4 more misoprostol tablets after 4 hours. You can use the vaginal or the buccal method (see the next section).
6. **If you have not had any bleeding after 12 - 24 hours:** You may take another 4 misoprostol tablets. You can use the vaginal or buccal method (see next section).

Buccal Method

1. Place 4 misoprostol tablets between your cheek and gum (*buccally*) and allow them to dissolve (2 on each side).
2. If they are not fully dissolved in 30 minutes, you may swallow the remainder with water.
3. **If you are 9 or more weeks pregnant:** Take 4 more misoprostol tablets after 4 hours. You can use the vaginal or the buccal method.
4. **If you have not had any bleeding after 12 - 24 hours:** You may take another 4 misoprostol tablets. You can use the vaginal or buccal method.



Using the buccal method

After the Procedure

You may continue to have some vaginal bleeding for 2 to 8 weeks.

- Return to the clinic in 1 or 2 weeks to make sure the pregnancy has passed. Or you may take a home pregnancy test in 4 weeks and call the clinic if it is positive.
- You may resume sexual activity when you feel ready.
- If you want to prevent pregnancy, start birth control medication before you have sex. You can get pregnant even before you have a period if you are not using birth control.
- Expect your next period to start in 4 to 8 weeks. This may vary depending on your birth control.
- You may resume normal activities the day after the pregnancy has passed, if you feel ready. If an activity makes your cramping or bleeding worse, do not do that activity for a few days.
- Take good care of yourself. Rest when you are tired, eat healthy foods, and drink plenty of fluids.

When to Call the Clinic

Call the clinic if you:

- Do NOT have bleeding and cramping within 24 hours after taking the 2nd dose of misoprostol. You will need to have a follow-up appointment with your provider.
- Bleed so much that you soak more than 2 maxi pads per hour for 2 hours in a row.
- Pass blood clots larger than a lemon.
- Have a fever over 100.4°F (38°C) for more than 8 hours.
- Vomit for more than 4 hours.
- Have a lot of pain even after taking pain medicine.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

- UWMC Maternal Fetal Medicine Clinic:**
206.598.4070 1959 N.E. Pacific St.
Seattle, WA 98195
- OB/GYN and Primary Care Clinics at UWMC-Roosevelt:** 206.598.5500
4245 Roosevelt Way N.E.
Seattle, WA 98195
- UWPC Northgate Family Medicine:** 206.528.8000
314 NE Thornton Pl.
Seattle, WA 98125
- Harborview Family Medicine Clinic at the Pat Steele Building:**
206.744.8274, option 2
401 Broadway, Suite 2018
Seattle, WA 98104
- OB/GYN Clinic at Harborview:** 206.744.3367
325 Ninth Ave.
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