

Medication Management of Abortion or Early Pregnancy Loss

If you were prescribed by telehealth

This handout explains how to use medicines to manage abortion or early pregnancy loss. It also explains follow-up care after using these medicines.

You received 3 medicines in the mail: mifepristone, misoprostol, and ibuprofen.

Using Your Mifepristone Tablet

The first medicine you will take is *mifepristone*. This is a single pill that you swallow. Most people do not have side effects from mifepristone, but some people have mild side effects. Side effects may include uterine cramping, vaginal bleeding, nausea, and vomiting.

Choosing How to Take Your Misoprostol Tablets

You received 12 to 16 *misoprostol* (Cycotec) tablets. The number of tablets will depend on how many weeks you have been pregnant. Misoprostol will contract and empty your uterus.

You may use the misoprostol either by placing it in your vagina (*vaginal method*) **or** in your mouth between your cheek and gum (*buccal method*). You may choose either method, depending on what you prefer.

Vaginal Method

In 24 to 72 hours after taking the mifepristone tablet, place 4 misoprostol tablets in your vagina as far as you can reach, similar to placing a tampon.

Buccal Method

In 24 to 72 hours after taking the mifepristone tablet, place 4 misoprostol tablets (2 on each side of your mouth) between your cheek and gum (*buccally*) and allow them to dissolve. If they are not fully dissolved in 30 minutes, you may swallow the remainder with water.

How to Take Misoprostol

1. Take ibuprofen (Advil, Motrin) or naproxen (Aleve) as directed by your doctor at least 30 minutes **before** placing the misoprostol tablets.

2. Place the 4 misoprostol tablets using either the vaginal method **or** the buccal method. Follow the instructions above.
3. If you are 9 or more weeks pregnant, wait 4 hours and then take a second dose of 4 tablets **using the buccal method**.
4. If you do not have any bleeding in 12 to 24 hours, take another 4 misoprostol tablets. You may use either method (vaginal or buccal).

After the Procedure

- You may continue to have some vaginal bleeding for 2 to 8 weeks.
- Follow up with your care team in 1 to 2 weeks after you use the medicines to check how you are feeling and to discuss if the pregnancy has ended. You may receive a phone call from a nurse or have a visit with a doctor in person or over telehealth.
- Take a home pregnancy test 4 weeks after using the medicines. If the test is positive, call your clinic to discuss next steps.
- Cramping and bleeding do not always mean that your pregnancy has ended. If you are unsure, we may recommend an ultrasound or pregnancy test to make sure your pregnancy is over.
- You may resume sexual activity when you feel ready.
- If you want to prevent pregnancy, start birth control 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 your pregnancy has ended, 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 72 hours of placing the misoprostol.

Questions?

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

- UWMC Family Medical Center:**
206.598.4055
4245 Roosevelt Way N.E.
Seattle, WA 98195
- UWMC Maternal and Infant Care Clinic:**
206.598.4070
1959 N.E. Pacific St.
Seattle, WA 98195
- UWMC Women’s Health Care Center:**
206.598.5500
4245 Roosevelt Way N.E.
Seattle, WA 98195
- UWPC Northgate Family Medicine:** 206.528.8000
314 NE Thornton Place
Seattle, WA 98125
- Harborview Family Medicine Clinic at the Pat Steele Building:**
206.744.8274, option 2
401 Broadway, Suite 2018
Seattle, WA 98104
- Women’s Clinic at Harborview:**
206.744.3367
325 Ninth Ave.
Ground Floor, West Clinic
Seattle, WA 98104

- Have heavy vaginal bleeding that is soaking through more than 1 maxi-pad an hour for 2 or more hours in a row.
- Have a fever higher than 100.4°F (38°C) for more than 8 hours.
- Are vomiting for more than 4 hours.
- Have a lot of pain, even when taking pain medicine (ibuprofen or naproxen).
- Are concerned and want to talk with a health care provider.