

PATIENT INFORMATION: MEDICAL ABORTION WITH MIFEGYMISO

What is a Medical Abortion?

A **medical abortion** uses medications (Mifegymiso) to end a pregnancy up to **9 weeks (63 days)** after the first day of your last period. It is a **safe and effective** option, chosen by many people.

What is in Mifegymiso?

- **Mifepristone (200 mg tablet)** – blocks the hormone **progesterone**, which is needed to continue the pregnancy.
 - **Misoprostol (4 tablets, 200 mcg each)** – causes the uterus to **contract and expel** the pregnancy tissue.
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How to Take the Medication

STEP 1: Mifepristone – Day 1

- Take **one tablet (200 mg)** by mouth with water.

STEP 2: Misoprostol – 24 to 48 Hours Later

- Place **4 misoprostol tablets** in your **cheek pouches** (2 on each side).
 - Let them **dissolve for 30 minutes**, then swallow what's left.
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What to Expect

- Bleeding usually starts **within a few hours** after taking misoprostol.
 - You may pass **large clots and tissue**.
 - Cramping can be **strong**, especially on the first day.
 - Bleeding should gradually decrease but may last up to **2–3 weeks**.
 - Other symptoms may include **nausea, vomiting, diarrhea, mild fever, or chills**.
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When to Get Medical Help

Go to the Emergency Department or call your doctor if:

- You **soak more than 2 pads per hour for 2 hours in a row**
 - You have a **fever higher than 38°C (100.4°F) for more than 24 hours**
 - You have **severe abdominal pain** that is not improving with pain medication
 - You pass **foul-smelling vaginal discharge**
 - You have **no bleeding** within 24 hours of taking misoprostol
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Follow-Up Care is Important

You will need a follow-up visit or phone call **7 days** after treatment to make sure the abortion is complete.

- Your doctor may check your **blood (hCG)** levels or do a **pregnancy test or ultrasound**.
 - A **negative home pregnancy test** 4 weeks after the abortion also confirms success.
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Helpful Tips

- Use **ibuprofen (400–600 mg every 6–8 hours)** for cramps.
 - Rest, use a **heating pad**, and stay hydrated.
 - Avoid tampons, sexual activity, and swimming until the bleeding stops.
 - You can start **birth control** as soon as the abortion is complete.
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Contact Info

If you have questions or feel unwell:

- 📞 **Clinic/Doctor Name:** _____
 - 📞 **Phone Number (daytime):** _____
 - 🌙 **Emergency Number (24/7):** _____
 - 📅 **Follow-Up Appointment Date:** _____
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You are not alone. If you feel unsure or need support, reach out to your provider or local abortion support services. Your privacy and health matter.