

You will take 2 different medicines for your abortion. You can also take other medicines to help with side effects as needed. How and when you take the medicine depends on what day of pregnancy it is when you start the abortion.

There are 4 steps to the abortion:

- Step 1: Take mifepristone.
- Step 2: Take other medicine to help with side effects.
- Step 3: Take misoprostol. If over 9 weeks you will take 2 doses of misoprostol.
- Step 4: Follow up to make sure the abortion is complete.

STEP 1: TAKING THE MIFEPRISTONE

What will I do when I come to the health center?

We will give you 1 **mifepristone** pill. You will either swallow the pill at the health center or take it home to swallow. The last day you can take mifepristone is the day you are 77 days (11.0 weeks) pregnant. If you plan to take mifepristone at home, we will give you instructions about when to swallow it.

If you vomit 15 minutes or more after taking mifepristone, you have probably absorbed enough medicine. If you vomit less than 15 minutes after taking the Mifepristone please call us.

Date & Time of Mifepristone: _____

GETTING READY FOR THE ABORTION

You will bleed and have cramps after you take the **misoprostol**. Plan ahead before you take it.

- Pick up your prescriptions at your pharmacy.
- Buy maxi pads, pain medicine, food, and anything else you think you will need.
- Choose a time when you can be private and rest for a while after you use misoprostol.
- Plan to have someone you trust on hand to help you.

STEP 2: TAKING OTHER MEDICINE to help with side effects

We recommend that you use the following medicines 30 minutes before you use the misoprostol. This can help with side effects like nausea, pain, and bleeding. Avoid aspirin if possible, because it may make you bleed more.

- **PROMETHAZINE** – to help with nausea and vomiting.
 - You can take one pill every 8 hours if you are feeling sick to your stomach or are having vomiting.
 - Do not drive while taking this medication. It may make you very sleepy.

- **IBUPROFEN** – to help with cramps and bleeding
 - Take 800 mg of ibuprofen every 6-8 hours as needed for pain and cramping. You may need to take ibuprofen for several days.
 - Use your own ibuprofen (Advil, Motrin), buy ibuprofen at a grocery store or pharmacy, or use the prescription-strength ibuprofen sent to your pharmacy

- **ACETAMINOPHEN** – to help with cramps and bleeding
 - Take one or two pills (500-1000 mg total) every 6 hours as needed for pain or cramping.
 - You may need to take acetaminophen for several days. You can purchase this medication over the counter from the pharmacy, it also is known as Tylenol Extra Strength.
 - **IMPORTANT:** Do not exceed more than 4000 mg of acetaminophen per day, including the acetaminophen contained in other pain control medicines like Norco or Tylenol with Codeine (T#3).

STEP 3: TAKING THE MISOPROSTOL

How do I take the misoprostol?

If you are 9.0 weeks (63 days) or less at the time you take mifepristone, you will be given 4 misoprostol pills AND you will be given a prescription for 4 more pills to take a second dose only if needed. Take a second dose if you have no bleeding (or spotting only) within 4 hours of taking the first dose.

If you are 9.1 weeks or over (64-77 days) at the time you take mifepristone, you will be given 8 misoprostol pills. Take 4 pills for the first dose, and take another 4 pills 4 hours after the first dose.

Always take a second dose of misoprostol in the same way you took the first dose.

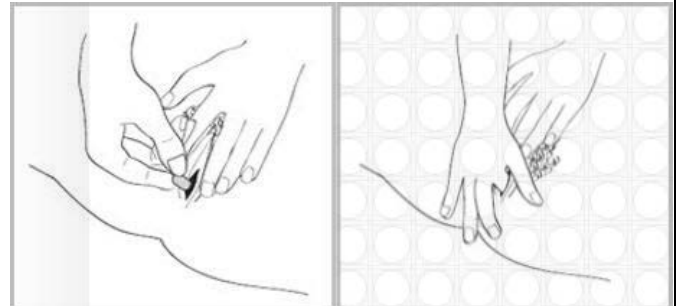
Vaginal **Buccal**

Date & Time of Misoprostol (First Dose): _____

Date & Time of Misoprostol (Second Dose): _____


Vaginal

- If you take mifepristone up to **Day 63** of pregnancy (9 weeks), you can use misoprostol **0-48 hours** after taking mifepristone.
- If you take mifepristone **Day 64-70** of pregnancy (9 weeks and 1 day to 10 weeks), you can use misoprostol **24-48 hours** after taking mifepristone.
- If you take mifepristone **Day 71-77**, you cannot use misoprostol vaginally. See Buccal instructions on the next page.
- If your ultrasound showed a pregnancy of unknown location, you can use misoprostol **6-48 hours** after taking mifepristone.



Instructions:

- Wash your hands.
- Put 4 pills into your vagina, one at a time.
- Push them in as far as they will go.
- Sometimes the tablets come out when bleeding starts or if you are up and about. If the tablets fall out while you are bleeding, do not worry. In most cases, enough of the medication will have been absorbed. If the tablets fall out before your bleeding starts (which is very rare), call us for instructions on what to do.

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| <p>Buccal</p> <p>□ 24-48 hours after taking mifepristone</p> | <p>Instructions:</p> <ul style="list-style-type: none"> ▪ Put 4 pills in your cheeks. <ul style="list-style-type: none"> ○ Put 2 pills on one side of your mouth, in between your cheek and gum. ○ Put the other 2 pills on the other side of your mouth, in between your cheek and gum. Make sure they are between your cheek and gum. ▪ Wait 30 minutes. ▪ Swallow what is left. |  |
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What will happen to me after I take the misoprostol?

You'll start to have strong cramps and bleeding within 1 to 4 hours after taking the misoprostol. It can last for hours. It is heaviest when the pregnancy comes out. The pregnancy is very small. You may not see it. You might see it if you are more than 8 weeks (2 months) pregnant. If you are 9 weeks gestation or later, you may see small (<1-2 inches) fetal parts when you pass the pregnancy. Cramping and bleeding will slow down after it comes out.

What else do I need to know?

- Bleeding can be heavy. You may see large blood clots the size of a lemon.
- You may have nausea, vomiting, and diarrhea.
- You may also have mild fever, chills, dizziness, headache, back pain, and tiredness.

What do I do if I vomit (throw up)?

- Vomiting is a common side effect of codeine and of misoprostol when taken by mouth (buccal).
 - If you vomit within 30 minutes of putting the misoprostol pills in your cheeks, and you don't start bleeding when expected, please call us.
 - If you vomit AFTER having misoprostol in your cheeks for 30 minutes, the medicine is likely to work.
- Vomiting is not a common side effect of misoprostol when taken by vagina (vaginally). Vomiting after vaginal misoprostol does not change how effectively the medicine works.

Your cramps may be strong. To feel better, you can

- Take your pain medicine.
- Put a hot water bottle or heating pad on your belly.
- Take a shower.
- Sit on the toilet.
- Have someone rub your back.

How will I feel after the pregnancy comes out?

Bleeding — It is normal to bleed. You may have little or no bleeding for a few days or weeks. Bleeding may stop and then start again. You may bleed like a normal menstrual period for 1 or 2 weeks. It should get lighter and lighter. Bleeding may continue on and off for 4 to 6 weeks. You should have your normal period again 4 to 8 weeks later.

Cramping — You will cramp less and less as the hours and days go by.

Fever and chills — You may have fever and chills the day you take the **misoprostol**. It is **NOT** normal to have a fever after that. Call us right away if you do. It could be a sign that you are getting an infection.

Nausea — This should go away in 1 or 2 days after you take the **misoprostol**.

Tiredness — You may feel tired for 1 or 2 days. You should be back to normal soon.

Breast changes — Tenderness should go away in a few days. You may leak a milky discharge. Wear a snug-fitting bra if you do. This should stop in 1 or 2 days.

STEP 4: FOLLOWING UP to confirm the abortion is complete

Why do I need to follow-up?

Although the medication abortion process is very effective, we recommend some follow up to confirm that the process was successful. It is important to make sure an ongoing pregnancy is not missed. There are four options for follow up, listed below.

What are my options?

- Ultrasound:** This option is only available for patients have had an ultrasound that confirms a definite pregnancy in the uterus. You return to our clinic for a visit that includes an ultrasound. The ultrasound will confirm that the abortion is complete. The ultrasound should be completed 1-2 weeks after the medication abortion.
- Blood draw for Beta hCG:** This option is the only option available if you have had an ultrasound and we have not been able to confirm the pregnancy is inside your uterus. It is also an option for patients who have qualified to opt out of having an ultrasound prior to medication abortion. You will have an initial blood draw on the day you start your medication abortion. You must return for a second blood draw after taking the Misoprostol. You may either return to a PPIL Health Center or go to a LabCorp facility.
 - Patients with a pregnancy of unknown location - repeat blood test 2-3 days (48-72hours) after you take the Misoprostol
 - Patients with a probable uterine pregnancy - repeat blood test 3 to 14 days after you take Misoprostol
 - Patients who have qualified to opt out of ultrasound prior to medication abortion – repeat blood test 3- 14 days after you take Misoprostol

* If your blood levels drop appropriately, this will confirm a complete medication abortion. There could be an additional charge for this blood work. If you have a probable intrauterine pregnancy or pregnancy of unknown location, there is a small chance that you may have an ectopic pregnancy. If you have an ectopic pregnancy, your bloodwork will not decrease. You will need further follow up care at an outside hospital that could have additional costs/charges. Ectopic pregnancy is a potentially life-threatening health condition, so follow up is very important. ***If you choose to go to a LabCorp facility instead of coming to a PPIL Health Center, you must make that decision before you leave the Health Center today, so you can get a lab requisition for the LabCorp facility you chose to go to.**

Repeat Beta hCG lab scheduled at PPIL for: _____

OR

Go to your local LabCorp for Beta hCG lab by: _____

- PPIL Telephone follow up with home pregnancy test: This option is available for patients with a definite pregnancy in the uterus, or for those who have qualified to opt out of ultrasound prior to medication abortion. You will receive two follow up phone calls (1 week and 5 weeks after your visit). You will also be given a pregnancy test to take. This should be taken no sooner than 5 weeks after your medication abortion. If your pregnancy test is negative and you do not have any concerning symptoms, no other in-person follow up will be needed. However, if your pregnancy test is positive and/or you have concerning symptoms, you may need to return to the health center for further evaluation. It is very important that you talk to one of our staff members if you have either a positive pregnancy test or concerning symptoms. ***Note that this option may delay your care if you have an ongoing pregnancy if the medication abortion fails. If you are more than 8 weeks pregnant and you choose this option, there is a risk of not detecting an ongoing pregnancy until 14 weeks or greater.**

Please take your pregnancy test on this date: _____

- Self-follow up with home pregnancy test, No PPIL Call: This option is only available for patients with a definite pregnancy in the uterus. You will not receive any phone calls from PPIL. You will be given a pregnancy test to take. This should be taken no sooner than 5 weeks after your medication abortion. It will be your responsibility to take the pregnancy test as instructed and to call us if it is positive. If your pregnancy test is negative and you do not have any concerning symptoms, no other in-person follow up will be needed. However, if your pregnancy test is positive and/or you have concerning symptoms, you may need to return to the health center for further evaluation. It is very important that you talk to one of our staff members if you have either a positive pregnancy test or concerning symptoms. ***Note that this option may delay your care if you have an ongoing pregnancy if the medication abortion fails. If you are more than 8 weeks pregnant and you choose this option, there is a risk of not detecting an ongoing pregnancy until 14 weeks or greater.**

Please take your pregnancy test on this date: _____

Please call **312-592-6897** if your pregnancy test is positive on above date to speak with our clinical follow up team.

What else do I need to know?**Should I use tampons or maxi pads?**

Using maxi pads makes it easier to tell how much you are bleeding. You can use tampons when the bleeding lightens.

I've been taking the pain medication, but it still doesn't help. What else can I do?

In addition to the pain medication, we recommend using a heating pad, drinking warm fluids, and decreasing your activity. Activity has a direct effect on the amount you cramp, bleed, and clot. Rest, relax and put your feet up.

What should I take for my cramps?

Everyone's pain tolerance is different. The severity of cramping can vary from person to person. You may take 800 mg of ibuprofen every 6-8 hours. If needed, you may also take Tylenol 1-2 tablets every 4-6 hours. For severe and intense pain, you may alternate between the pain medications. Here is a sample schedule:

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| 8:00 AM | 600-800 mg ibuprofen |
| 11:00 AM | 500-1,000mg of Tylenol (one or two tablets of over-the-counter Tylenol Extra Strength) |
| 2:00 PM | 600-800 mg ibuprofen |
| 5:00 PM | 500-1,000mg of Tylenol |
| 8:00 PM | 600-800 mg ibuprofen |

What if I am breastfeeding?

Misoprostol and mifepristone can pass into your breast milk in small amounts. This shouldn't cause any problems for you or your baby. Tell your doctor or nurse if you're breastfeeding so you can work out the best plan together.

When can I return to my normal activities?

Plan on relaxing for the rest of the day after the pregnancy comes out. Most people return to their normal activities the next day, but do **NOT** do hard work or heavy exercise for several days.

You can have sex as soon as you feel ready. You can get pregnant again within 2 weeks of the abortion, so you should start your birth control as you were instructed. We can help you if you haven't chosen a method yet.

I decided to follow-up with a high-sensitivity pregnancy test (HSPT) at home. What should I do if I lost the at home pregnancy test given to me at the clinic?

You can take any of the following over the counter high-sensitivity pregnancy tests available for purchase at any pharmacy or grocery store: Early Result Pregnancy Test, Confirm 1-Step, Equate, First Response Early Results Test, One Step Be Sure Pregnancy Test, or Walgreen Digital

How will I know if Planned Parenthood of Illinois (PPIL) is calling me?

When someone from PPIL calls you, our phone number will show up as Private or Blocked. It is very important to answer or return our call as soon as possible.

How soon can I start my birth control?

You may start any hormonal method of birth control the Sunday following your medical abortion or as instructed by the clinician at your visit. The Depo-Provera injection can be given at your first medication abortion visit or when you return for your two-week follow up appointment. Your clinician can instruct you about when to return for your long acting contraceptive device, such as an IUD or arm implant. Do not have sex without a condom prior to insertion of the device.

When will I get my next period?

Your first period may be heavier than normal and you will see more clots and have more cramping. Everything should return to normal by the start of your second cycle.

- If you are taking any form of hormonal birth control such as the contraceptive pill, patch, or ring, expect your period in about 4 weeks following your procedure. It may be difficult to tell if it is your period if you are still having bleeding from your abortion.
- If you are not using birth control, you should have a period within 8 weeks of the abortion. If you are not using birth control and you do not get a period within 8 weeks, call us.

Call us right away at 866-222-3248 if you

- Have a fever of 100.4°F or higher more than 24 hours after you've taken the misoprostol.
- Have belly pain or cramps that don't get better with pain medicine.
- Soak 2 maxi pads an hour for more than 2 hours.
- Pass blood clots larger than the size of a lemon for more than 2 hours.
- Are weak, have nausea, vomiting or diarrhea for more than 24 hours after taking misoprostol. All of these could be signs of serious infection.
- If 24 hours after the first dose of misoprostol you have no bleeding or only very light spotting and you have taken two doses of misoprostol please call us.