

# Medical Termination of Pregnancy

## Patient Information – Gynaecology Procedures Unit

You need to take two different pills, on separate days to complete the abortion. This patient information sheet will give you information on how to take the pills and what to expect. Please ask our staff if you have any questions.

### First pills – at the Gynaecology Clinic

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- You will see the clinic doctor, who will explain the procedure and answer any questions.
- You can see a counsellor if you would like to.
- You will take the first pill (mifepristone).
- We will give you some pills to take home, these are:
  - the second abortion pills to take in 1-2 days
  - medicine for pain relief (suppository/pills and a prescription)
  - antibiotics (if required)

### Second pills – at home

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- Tomorrow or the following day (in 24-48 hours) you will take the second pills (misoprostol) at home.
- You will bleed and have cramps after you take the misoprostol pills.
- It is best to plan before you take them:
  - Choose a time when you can be private and rest for a while after you take them
  - Plan to have someone you trust on hand to help you out
  - Buy maxi pads, pain medicine, food, and anything else you will need to make yourself relaxed
  - Have books or videos to help you pass the time.

### How to take the misoprostol pills

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- First take the anti-nausea pills (if you have been given them) and pain medication.
- There are two ways you can take the misoprostol tablets (orally by mouth or by inserting into your vagina) the clinic staff will discuss these options with you.
  - **Oral:** take the 4 misoprostol pills. Put 2 pills on one side of your mouth, and the other 2 on the other side of your mouth. Wait for the pills to dissolve. After 30 minutes, swallow what is left of the pills.
  - OR
  - **Vaginal:** use a small amount of lube, using your finger place the 4 tablets as high as possible into the vagina. This is good for women who have a lot of nausea and vomiting and are worried they won't keep the tablets down.
- If you have been given a Diclofenac suppository, insert this into your back passage (anus).

## What will happen after I take the misoprostol pills?

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- It is normal to cramp and bleed. Cramping and bleeding often start 2 to 4 hours after you take the pills. It can last for hours and will be heaviest when the pregnancy comes out. Just before the pregnancy comes out you may feel pressure like wanting to have a bowel motion and fullness in your vagina. Cramping and bleeding will slow down after it comes out.
- For most women this process takes 4-8 hours, it can be quicker or longer.
- The pregnancy is very small, and you may not see it. If you are more than 8 weeks (2 months) pregnant you may see the foetus (it is about 0.5-1cm size).
- Bleeding can be heavy, and you may see large blood clots (the size of a small lemon).
- You may feel sick to your stomach.
- You could have diarrhoea.
- You could have mild fever or chills for a little while.

### Things you can do to help the cramps

- Take your pain pills
- 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?

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- Bleeding – it is normal to have bleeding and the amount can vary. You may bleed like a normal menstrual period for 1 or 2 weeks. It should get lighter and lighter. Bleeding may stop and then start again. 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 pills. It is **not** normal to have a fever after that. Call us straight away if you do. It could be a sign that you are getting an infection.

## If you have not passed the pregnancy four hours after you take the misoprostol pills

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- If it is 4 hours since you took the first tablets and you have not passed any pregnancy tissue (usually seen as a clot), take the second dose of misoprostol pills you were given at the clinic.
- You can swallow this medication; if you feel very sick you could also try putting it under your tongue to dissolve or insert this into the vagina.

## What do I need to do next?

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- You will need to have a blood test on day one and a follow-up blood test after five days, we will give you forms to take to the blood test centre.
- Make an appointment for a check-up with your doctor, after you have had the second blood test.
- To avoid infection – use only sanitary pads (not tampons) until your next period.
- Until bleeding has stopped, do not have sex.
- You should use contraception straight away, as discussed with clinic staff.

## When should I be worried and seek help

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If you experience any of the following:

- A temperature (fever) 38°C or higher. (A fever the day you take the misoprostol can be a normal side effect. If you are worried, phone us.)
- Soak more than 2 maxi pads an hour for more than 2 hours.
- Pass 'big' (larger than the size of a lemon) blood clots for more than 2 hours.
- Bleed heavily for more than 12 hours in a row.
- Throw up for more than 4 to 6 hours.
- Cannot eat or drink for more than 4 to 6 hours.
- Have pain that is not helped by pain relief.
- Are weak, feel sick to your stomach, have abdominal pain or discomfort, throw up, or have diarrhoea for more than 24 hours after taking misoprostol pills. All of these could be signs of serious infection.

In an emergency please present to the Emergency department.

If you have any questions please call 6872267 in office hours.