

# Telemedicine Medical Abortion

## Patient Information – Gynaecology Services

A medical abortion will require you to take two different pills, on separate days to complete the abortion. Please note, these pills have very similar names, but are different. This patient information sheet will give you information on how to take the pills and what to expect. Please call our clinic staff if you have any questions.

Before commencing please ensure your pack includes: Mifepristone 1 x pill, Misoprostol 6 x pills

### DAY 1

- If you have been prescribed an anti-nausea pill, take one and wait 30 minutes, then
- Take the **mifepristone** pill, swallow this whole
- If you vomit within one hour of taking the mifepristone please call our clinic staff

Tomorrow or the following day (in 24-48 hours) you will start taking the second pills (**misoprostol**).

You will bleed and have cramps after you take the misoprostol pills.

It is best to plan before you take them:

- Go to the pharmacy with the prescription provided to get the medication for pain relief, having some paracetamol (Panadol) available is also a good idea.
- Arrange to have someone you trust to be with you for support.
- Buy maxi pads, food, and anything else you will need to make yourself relaxed.
- Have books/TV, etc. available to help you pass the time.

### DAY 2/3

- If you have been prescribed an anti-nausea pill take one.
- If you have been prescribed a Diclofenac suppository, insert this into your back passage (anus).
- Wait 30 minutes.
- Take **4 misoprostol** pills (orally by mouth or by inserting into your vagina) the clinic staff will have discussed 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 using a finger to push them up. This is good for women who have a lot of nausea and vomiting and are worried they won't keep the tablets down.
- After 4 hours place the remaining 2 misoprostol tablets on one side of your mouth. Wait for the pills to dissolve. After 30 minutes, swallow what is left of the pills. **You should do this even if you think you have passed the pregnancy.**
- **If you do not have any bleeding within 24 hours of taking the misoprostol please call us.**

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

- It is normal to cramp and bleed, this usually starts 1 to 4 hours after you take the pills. It can last for several hours and will be heaviest when the pregnancy comes out. Just before the pregnancy comes out you may feel pressure in your bottom, or fullness in your vagina. Cramping and bleeding slows down after the pregnancy comes out.
- For most women this process takes 4-8 hours, although it can be quicker or longer.
- The pregnancy is usually very small, and you may not see it. If you are more than 8 weeks (2 months) pregnant you may see the fetus (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.
- 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 heat pack on your belly
- Take a shower
- Sit on the toilet
- Have someone rub your back

### After care information

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- **Bleeding** – it is normal to have a small to moderate amount of bleeding (like a normal period) afterwards. You may notice some small blood clots over the next few days. This can last for 5-6 weeks. If you are soaking one or more pads in an hour or passing heavy clots or you are concerned regarding the amount of bleeding, seek medical advice (see contact numbers at end of page). You will usually have your next period in about 4-6 weeks, which may be a little heavier than normal. Please see your GP if you do not get your period within the next 6-8 weeks.
- **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.

### What do I need to do next?

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#### Either

- You will need to have a follow-up low sensitivity urine pregnancy test (provided) 21 days after the procedure (...../...../.....). **Do not do it earlier and do not use an ordinary pregnancy test.** If it is **positive**, contact GPU for further advice.

or

- Based on your investigations we have not confirmed a pregnancy inside the womb (uterus), this is most likely because it is too early to see anything in the womb. Although unlikely, there is a small possibility you could have an ectopic pregnancy (pregnancy outside the womb) – this can be a medical emergency. Because of this it is important you complete follow-up of your procedure with a **blood test to check the pregnancy hormone level on the day you take the first abortion tablets, and 7 days later.** You must also seek urgent medical help if you develop severe abdominal pain, shoulder tip pain, or you haven't had heavy bleeding/passed pregnancy tissue within 24 hours of taking the misoprostol medication.
- To avoid infection – use only sanitary pads (not tampons or menstrual cups) 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 urgent 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 large 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.
- Have pain that is not helped by pain relief.
- Are weak, feel sick, 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.

**If you have any questions or concerns throughout your abortion process please contact us at the clinic (GPU)**

Monday – Thursday 07.30am – 4.00pm **(03) 378 6386**

Out of these hours you can contact the Gynaecology Assessment Unit (open 7 days)

7.30am-10.00pm **(03) 364 4805** 10.00pm-7.30am **027 285 5863**

**If it has been more than 48 hours since you took your misoprostol medication** we ask that you contact your GP or after-hours clinic

**If it is an emergency, call an ambulance (111)**