

**MIFEGYMISO  
MEDICAL  
ABORTION DIARY**

**Step 1**  
Appointment  
- doctor &  
counsellor

**Step 2**  
Pick up  
medications at  
Maggie's  
Pharmacy

**Step 3**  
Take mifepristone pill  
Time: \_\_\_\_\_

**Step 4**  
4 misoprostol pills in cheeks  
or vagina 24-48 hours after  
Mifepristone. Use another 4  
pills in cheeks or vagina if  
no bleeding heavier than a  
period after 24 hours

**Step 5**  
Start  
using  
birth  
control

**Step 6**  
One week  
follow up  
appointment,  
usually by  
phone

**Step 7**  
Four week final follow up,  
usually by phone. Do urine  
pregnancy test before call



*Every*woman's  
Health Centre

604-322-6692  
www.ewhc.ca

Date:													
MEDICATION -misoprostol (M,) Gravol (G), etc.													
BLEEDING: (H, P or S)													
PAIN: Worst level of pain experienced (0-10)													
OTHER SYMPTOMS: Nausea (N), Vomiting (V), Diarrhea (D), Fever (F), Chills (C), Headache (H), Tiredness (T) etc.													

**MEDICATIONS:** In the column of the day you use the pills, write the first initial for any medications you take, for example, "M" for misoprostol or "I" for Ibuprofen or T for Tylenol 3

**BLEEDING:** Put an "H" for Heavy bleeding (more than your usual period) an "P" for Period-like bleeding (like your usual period) and an "S" for Spotting (less than your usual period)

It is very important to do the final pregnancy test, any other tests the doctor asks for, and all follow up visits. If the test is positive, you will need follow-up with the doctor.

**Step 3** Mifepristone (white) **Step 4** Misoprostol (white)



**GREEN BOX**

Take at time agreed with counsellor.  
Must not vomit for 30 minutes



**ORANGE BOX**

Use all 4 at same time  
Dissolve in cheeks or vagina  
24-48 hours after Mifepristone

**Step 4:** for cramping pain as needed



**Ibuprofen** (orange)  
(Advil, Motrin) **Take ½ hour before Misoprostol** and 1-2 every 4 hours as needed



**Tylenol # 3** (white)  
Take with Food  
Take 1-2 every 4 hours as needed



**Oxycodone** (white)  
Take a half or whole tablet every 4 hours as needed

**For Nausea and Vomiting**

You may also want to have Dimenhydrinate (Gravol) on hand. It is available over the counter. Take it orally in pill form for nausea or rectally (in the bum) for vomiting.

**Have non-emergency questions?**

Email [counsellors@ewhc.ca](mailto:counsellors@ewhc.ca) and they will answer you between 8am and 4 pm Monday-Friday.

## MEDICAL ABORTION INSTRUCTIONS

you will meet with the doctor, and you will talk to a counsellor who will explain how to use the medications. After this online appointment is finished the pharmacy will call you to arrange to get the medications to you.

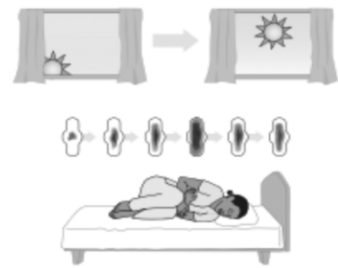
**MIFEPRISTONE (Step 3): Swallow the Mifepristone pill at the time discussed with the counsellor.** If you have nausea, take Gravol half an hour before. Most people have no side effects from this, but some may get mild nausea or feel tired, and there is a small chance of some bleeding. **. Even if you have bleeding you still need to use the misoprostol pills** You can eat and drink as normal, but avoid alcohol and drugs.

### MISOPROSTOL (Step 4):

**Wait at least 24 hours. Then, use the 4 misoprostol pills no later than 48 hours after taking the Mifepristone. This timing -24 to 48 hours after the mifepristone - is important!** Take 1-2 extra-strength ibuprofen half an hour before using the 4 misoprostol pills. You can choose how you will use them:

- **Buccal:** Put the pills between your cheeks and gums and leave them there for 30 minutes. Then, swallow any fragments that are left with water. (You are much more likely to have vomiting as a side effect if you use the pills this way.)
- **Vaginal:** wash your hands and put one drop of water on each pill before putting them into your vagina as far as you can with your finger.

Be somewhere comfortable when you use the misoprostol pills and pass the pregnancy, which usually happens in the next 24 hours. It is good to have someone close by during this time to help you, and to plan in advance to have what you need, such as food, menstrual pads, medications, a heating pad before using the misoprostol. When you take the misoprostol, you can expect to have cramps, bleeding and pass blood clots within the next 24 hours. The amount of bleeding varies. It is likely to be heavier than a period at first, and stay at least as heavy as a period for a few days. Ten days is the average time of bleeding, although some bleed on and off or continuously until their next period comes in 4-6 weeks. It is also possible that you may only have a few hours of heavy bleeding or no bleeding at all. **If you don't have bleeding heavier than a period after 24 hours, use the**

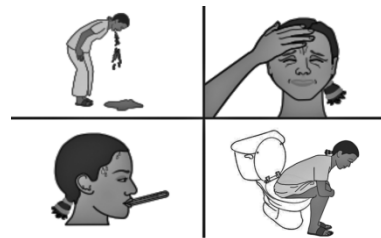


**second set of misoprostol pills.**

Depending on the stage of your pregnancy, you may notice only period-like blood, clots or some pink or grey tissue mixed in the blood. If your pregnancy is over 7 weeks, you may be able to see an embryo or a fetus.

You may have chills, fever, nausea, vomiting, dizziness or headache. You can take Gravol for nausea. For pain, take Ibuprofen, and as needed the Tylenol #3 and/or Oxycodone you were given. You can also use a hot water bottle or heating pad. Remember that Tylenol #3, Oxycodone, and Gravol can make you sleepy, so don't drive if you take them.

If you have a delayed reaction to the medication (this is a less than 5% chance), you may feel nothing and not have any or very little bleeding.



This does not mean that the procedure is not working and there is no need to call us. We will talk to you about this at your follow-up appointment.

You may eat or drink as usual and go back to your normal activities (including wearing tampons and sexual activities) as soon as you feel ready. Most people need to rest for 1- 2 days after using the misoprostol pills. Mood swings or emotional upset often accompany the drop in pregnancy hormones and may last from a few days to up to two weeks. Nausea from the pregnancy should improve within two days and breast changes by the end of the first week, but both may persist if you are on hormonal birth control.

**BIRTH CONTROL - 1 day after Misoprostol (Step 5):** Fertility returns very quickly so make sure to be protected from pregnancy the day after using the Misoprostol. We can support you with getting birth control.

### FIRST FOLLOW-UP APPOINTMENT – ONLINE (Step 6):

You must have a follow-up with the doctor about 8-14 days after your first appointment. This is very important. She will talk to you to find out if the abortion seems to be working. After this you may continue to have bleeding, which may be heavy at times and you may pass more clots.

### FOUR-WEEK FINAL APPOINTMENT – ONLINE (Step 7):

You will have a final visit with the doctor, usually by phone, to make sure everything is okay. This appointment is very important and you must have it to be safe. You will take a urine pregnancy test (which will be given to you by the clinic) before this appointment, unless the doctor tells you to have a different kind of test (blood tests or ultrasound). If the pregnancy test shows that you may still be pregnant, you may need another test and another follow up with the doctor.

The pregnancy usually stops and the tissue comes out when you take the medication but if you are in the about 5% who still has a growing pregnancy or too much tissue left inside, you will be scheduled for an aspiration abortion, which is a quick, safe medical procedure we do at the clinic. It takes about 7-8 minutes.

### CALL THE EMERGENCY NUMBER IF YOU:

- **Have too much bleeding:** you soak more than 2 pads per hour or are passing clots larger than a lemon for more than 2 hours (more than 4 pads total in 2 hours or less)
- **Feel sick for too long:** you have a fever of over 38°C (100.4°F) or dizziness for more than 4 hours or have nausea, vomiting more than 24 hours after you use the misoprostol pills
- **Have severe pain for too long:** if pain is severe for more than a few hours

**EMERGENCY NUMBER:** Everywoman's Health Centre **604-322-8703** (Please do not call if you think that you are not bleeding enough as we will check this at the follow-up appointment.) **Have non-emergency questions? Email [counsellors@ewhc.ca](mailto:counsellors@ewhc.ca). They will answer between 8am - 4pm Monday-Friday**