

MISOPROSTOL INSTRUCTIONS

If you have a problem, concern, or question that you feel requires immediate attention after office hours, call 1-800-221-3988. Our answering service will page the person on call and we will call you back.

Your next step is planning a quiet, restful time to insert the tablets into your vagina. You may want to consider whether you want someone with you and what time of the day is best for you. Also keep in mind that you must stay lying down for at least 30 minutes after insertion. You must insert **all four** tablets vaginally, one right after the other, 6 to 48 hours after taking Mifeprex.

HOW TO USE MISOPROSTOL

1. To lower your risk of infection, wash your hands very well. At your bedside, dunk each tablet into plain tap water for one second. This helps the tablets adhere and start the process of absorption. Lie down and using your middle finger, push the tablets, one at a time, as deep into your vagina as possible. After you have inserted all four, rest on your back for **at least thirty minutes**.

Either cramps or bleeding or both will likely begin within 4 hours after the insertion of the tablets.

2. You have received a prescription for Tylenol #3 with Codeine or Darvocet N-100 for pain. For maximum pain relief, take one Tylenol #3 with Codeine or Darvocet N-100 **with food** when cramps begin and one tablet every 3-4 hours thereafter (as long as you don't need to drive or concentrate). **Do not take aspirin.** You may take Advil, Motrin, Aleve, Nuprin or Naproxen. **Do not take additional Tylenol if you are taking Tylenol #3 with Codeine.**

Continue to drink water or ginger ale and eat lightly (as long as you are awake).

WHAT TO EXPECT

CRAMPS: Remember that cramps, even heavy cramps, are normal. Severe lower abdominal cramps usually mean that the pregnancy tissue is passing down through the cervix. This type of cramping may occur in waves and is generally tolerable if you are taking Tylenol #3 with Codeine or Darvocet N-100. **Take Tylenol #3 with Codeine or Darvocet N-100 at the first sign of cramping for maximum pain relief.** Generally, cramping will be milder after the pregnancy tissue passes.

BLEEDING: You should expect heavy bleeding and you may pass some large clots. However, if you are soaking through 2 or more pads per hour for more than 1 hour you need to contact the clinic. Your bleeding should decrease after a few days to a light flow, then spotting, which may continue for a couple of weeks. Do not use tampons until after your next visit.

VOMITING OR DIARRHEA: If vomiting or diarrhea persists more than 24 hours after inserting the misoprostol, call us immediately so that we can phone in a prescription to your pharmacy before their closing time.

TEMPERATURE: **If your temperature is 100.4 degrees or higher, call us.** Elevated temperature may not always be a sign of infection, so you must **call us if you experience any flu-like symptoms.**

PREGNANCY TISSUE: You may pass the pregnancy tissue at an unexpected time or place. It is very unlikely that you will see the embryo since a 7 week pregnancy is approximately the size of a grain of rice.

FOLLOW UP: You must not have sexual intercourse until after your second visit, or when the physician has determined that your abortion is complete. **Call to schedule your follow up appointment as soon as you think you've passed the pregnancy.** It is important to your health that we confirm that your abortion has been completed. If your pregnancy tissue has not been passed, the doctor will determine whether you should take a second dose of misoprostol or have a surgical abortion.