

## CALL OR SEEK URGENT CARE IF:

- You vomit within 60 minutes of taking mifepristone
- You vomit within 30 minutes of taking misoprostol

### SEVERE BLEEDING:

- Soaking through more than 2 thick, full size pads in 1 hour, for 2 hours in a row (4 pads in 2 hours).
- Passing clots larger than a lemon.
- Bleeding so heavily that you feel faint, dizzy, weak, short of breath or have chest pain.



### SIGNS OF INFECTION:

- Fever (above 38°C or 100.4°F) lasting more than 6 hours.
- Fever 24 hrs after taking misoprostol.
- Foul-smelling vaginal discharge.
- Severe pelvic pain.



### SEVERE PAIN:

- Unmanageable pain that is not improving by rest, heating pads, bath or shower, or massage/ supportive touch or pain medication (such as acetaminophen or naproxen).



### ALLERGIC REACTION

- Swelling of the face, lips, tongue, throat, or any trouble breathing



### SIGNS OF ECTOPIC PREGNANCY

- Severe or sharp pelvic pain on one side.
- Pain in the tip of your shoulder (near your shoulder blade).
- Pain in your neck or your bum (rectum).
- Weakness, feeling faint or dizzy



### After taking the misoprostol, if you have any of the following:

- Your bleeding is not getting lighter after 1-2 weeks.
- Your pregnancy symptoms are not resolving after 2 weeks.
- Your pregnancy test is positive after 4-6 weeks.



# Taking Mifegymiso

**24/7 ANSWERING SERVICE:  
(# GIVEN TO CLIENTS IN CARE)**

Follow-up testing

Follow-up appointment with provider:



**MATCH**  
MIDWIFERY & TORONTO  
COMMUNITY HEALTH



South Riverdale  
COMMUNITY  
HEALTH CENTRE

# Day 1

## 1. Start preparing for effects



### For Cramping:

start taking naproxen - 2 tablets (500mg).

time: \_\_\_\_\_

## 2. Swallow 1 pill mifepristone with water.



### After mifepristone:

- Some have light bleeding
- Most don't have any bleeding or side effects

time: \_\_\_\_\_  
(same time as above)

## 3. 12 hours after, repeat naproxen - 2 tablets (500mg)

time: \_\_\_\_\_  
(12 hours after above)

# Day 2: 24-48 hours after

## 1. Continue to prepare for effects before misoprostol

time: \_\_\_\_\_



### For Cramping:

naproxen - 2 tablets (500mg)

acetaminophen - 2 tablets (650 mg)



### For Nausea and Vomiting:

dimenhydrinate (Gravol) - 1 tablet (50 mg)

## 2. Take 4 misoprostol pills

Put two pills inside each cheek, and hold them there for 30 minutes. After 30 minutes, swallow the rest with water.



OR

Place 4 pills inside your vagina.

Lie down for 30 minutes.

If pills fall out after 30 minutes, throw them away.



## 3. Optional: Wait 4 hours and take 2nd dose of misoprostol, only if you have been told to do this.

If needed, naproxen can be repeated every 12 hr, acetaminophen every 4 hr, and dimenhydrinate every 4 hr.

# After misoprostol:

## Within 2-6 hours:

- Strong, painful cramping
- Bleeding heavier than a period
- May pass lemon-sized clots
- Fever and chills

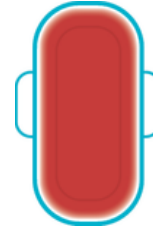
## Within 24 hours:

- Nausea, vomiting, diarrhea
- Headache, dizziness



Only use pads, not tampons.

## How much am I bleeding?



Heavy

Completely soaked.

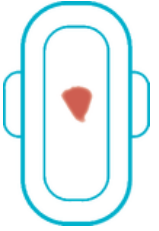


Moderate

Partly soaked.



Light

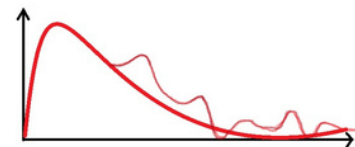


Spotting

If you soak (heavy) 2 pads per hour for more than 2 hours in a row, call or seek urgent care.

## Days and weeks after:

- Bleeding can be like a period (moderate) in the first 1-2 weeks
- On average, bleeding lasts for about 2 weeks
- Bleeding should reduce over time
- Sometimes, light bleeding or spotting lasts for 2-6 weeks
- Sometimes, bleeding stops and starts again



## Return to menstrual period:

- Ovulation can happen 8 days after the pills. Consider contraception.
- The first period usually returns in 4-6 weeks
- The first period can be heavier or longer than usual; this is normal
- Urine pregnancy test can remain positive for 4 weeks, even if you are not pregnant.

## Consider contraception:

- Pills, patch, injection, ring, and implant can start within 7 days
- IUD can start 7-14 days after

