

Medical Abortion

Follow-up at home after receiving mifepristone

This handout explains the follow-up care after a pregnancy is ended using medicines. This is also known as a medical abortion.

In the clinic, you received *mifepristone*, a medicine that is used to stop a pregnancy from growing. Sometimes mifepristone causes uterine cramping, vaginal bleeding, nausea, and vomiting.

Do NOT eat grapefruit or drink grapefruit juice for 24 hours after taking mifepristone. Grapefruit changes how mifepristone works.

Using Your Misoprostol Tablets

You will go home with 8 misoprostol (Cytotec) tablets. Misoprostol will make your uterus contract and empty.

Please use the method checked below for using these tablets:

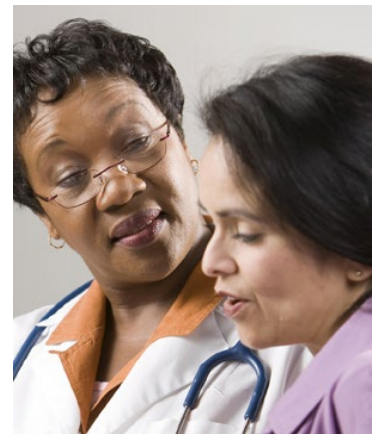
In 6 to 72 hours, place 4 misoprostol tablets in your vagina. Lie down for 30 minutes after placing the tablets to keep them from falling out.

OR

In 24 to 72 hours, place 4 misoprostol tablets inside your cheek (*buccally*) and allow them to dissolve.

Steps to Follow

1. **Before** placing the misoprostol tablets, take ibuprofen (Advil, Motrin) or naproxen (Aleve, Naprosyn) as your doctor prescribed.
2. Place the 4 misoprostol tablets as checked above.
3. Your doctor may prescribe *opioid* pain pills for you. If you still have pain after using the misoprostol, you may take 1 or 2 of these pain pills every 4 to 6 hours, as needed.



Talk with your provider if you have any questions about these instructions.

- If you do not have any bleeding in 12 to 24 hours, you may use the second 4 misoprostol tablets. Use the same method you used the first time (in your vagina or inside your cheek).

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

- UWMC Maternal and Infant Care Clinic: 206.598.4070
1959 N.E. Pacific St.
Seattle, WA 98195
- UWMC Women's Health Care Center: 206.598.5500
4245 Roosevelt Way N.E.
Seattle, WA 98195
- UWMC Family Medicine Center: 206.528.8000
- University of Washington Neighborhood Clinic - Northgate
314 N.E. Thornton Pl.
Seattle, WA 98125
- Harborview Family Medicine Clinic at the Pat Steele Building: 206.744.8274
401 Broadway, Suite 2018
Seattle, WA 98104
- Women's Clinic at Harborview: 206.744.3367
325 Ninth Ave.
Ground Floor, West Clinic
Seattle, WA 98104
- UWMC - Northwest Meridian Women's Health Care: 206.668.6644
- UW Medicine - Women's Health Clinic at Mill Creek: 206.668.6644
15808 Mill Creek Blvd.,
Suite 200
Mill Creek, WA 98012

When to Call the Clinic

Call the clinic if you:

- Do not have bleeding and cramping within 72 hours of placing the misoprostol
- Have heavy bleeding that soaks through more than 2 maxi-pads an hour, for 2 or more hours in a row
- Have a fever higher than 100.4°F (38°C) for more than 4 hours
- Are vomiting for more than 4 hours
- Have a lot of pain, even with pain medicine
- Are concerned and want to talk with a healthcare provider

After the Procedure

- You may have some vaginal bleeding for 2 to 8 weeks.
- Return to the clinic in 1 or 2 weeks to make sure that the pregnancy has passed. Cramping and bleeding do not mean for sure that your pregnancy has ended. You **must** have an ultrasound to make sure your uterus is empty.
- Do **not** put anything in your vagina for 1 week.
- Wait 1 week before having sex.
- Start birth control before you have sex. You can get pregnant during this time if you are not using birth control.
- Expect your next period to start in 4 to 8 weeks.
- You may resume normal activities the day after your abortion, if you feel ready. If an activity makes your cramping or bleeding worse, stop doing that activity for a few days.
- Avoid heavy physical activities for 1 week.
- Take good care of yourself. Rest when you are tired, eat healthy foods, and drink plenty of fluids.