

Patient Number:



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Post Abortion Instructions

These instructions include how to reach us, what to expect after an abortion, activities to avoid, and general information that is important to read over and understand. If you have any questions or concerns, please review this information and if needed call the clinic. **719-884-4070**

TODAY

You took your first medicine at _____ (AM/PM) _____

You now must wait at least 24 hours, but no more than 48 hours before using the second medication.

TOMORROW

You'll use the second medication tomorrow after _____ (AM/PM) _____

After selecting a time to use the medication, have a light meal 30 minutes before using the medication. Then 15 minutes before using the Misoprostol medication, take the pain medications and the anti-nausea pill.

When using the second medication, place all 4 pills between cheek and gum of the lower jaw for at least 30 minutes.

Do not eat or drink anything while the pills are in your mouth. After at least 30 minutes with the pills are in your mouth, "swish and swallow" the medication with water. You have completed the second and final step of the process.

WHAT TO EXPECT AFTER AN ABORTION

- **Bleeding/Clotting** - Bleeding and clotting is normal, it usually occurs "off and on" and could last 6-12 weeks.
- **Cramping** - Cramping is common and may occur "off and on" for 2-3 weeks after an abortion.
 - Things to reduce cramping include:
 - Tylenol and/or Ibuprofen (given to you by the clinic free of charge)
 - **NO ASPIRIN** - aspirin can thin the blood and increase bleeding.
 - Uterine massages for at least 1 minute every 30 minutes for 8 hours
 - Heating pads
 - Walking for 10-15 minutes every hour for 8 hours
- **Menstrual Period** - Your next menstrual period can be 3-12 weeks after your abortion and may be heavier than your usual period.
 - Taking a form of birth control can help regulate your cycle and may help your period return quicker.
- **Pregnancy Symptoms** - Signs of pregnancy usually disappear within 48 hours. While pregnancy symptoms may have gone away, it is still important to respond to follow-up emails sent by staff to be sure there are no other problems.

- **Nausea** - If you are experiencing nausea, please ask the reception desk how you can get a Zofran prescription.
 - **Non-prescription options:** Dramamine, Loperamide, and Meclizine
- **Breast Enlargement**- Lactation, milk production and enlargement of the breasts is not likely after an early termination abortion. However, if you experience this, consider the following:
 - Wear a tight bra 24-hours a day to help prevent milk production.
 - Do NOT stimulate the breasts.
 - Put your back to the water in the shower to avoid hot water directly on the breasts.
- **Temperature Elevation and/or Fever**- Please take your temperature every 12 hours. If your temp is above 100.4, recheck it every 30 minutes and call us immediately.
 - Temperature elevation below 100.4 is a common side effect of misoprostol.
 - Temperature greater than 100.4 that occurs more than 8 hours after using misoprostol should be reported because it is most likely not due to misoprostol.

PLEASE GO TO THE EMERGENCY ROOM IF YOU HAVE ANY OF THE FOLLOWING ISSUES:

- **You start bleeding so heavily that you soak through two thick sanitary pads every hour for 2 hours consecutively (4 pads in 2 hours), along with feeling faint.**
- **You begin to have severe abdominal cramping not relieved by any medications provided.**
- **Temperature greater than 100.4 that persists after taking medication.**

It is important to understand that your body is still fertile, and you can become pregnant almost immediately after an abortion if no form of contraception is used. If you are not planning on having an intentional pregnancy right away, we recommend using some form of contraception.

If you are interested in receiving a prescription for birth control, please let our staff know that you are interested in receiving birth control.

ACTIVITIES TO AVOID

There are no physical restrictions after an abortion. You can return to all normal activities the day after your abortion unless you receive different instructions from the doctor.

FOLLOW-UP EMAILS AND APPOINTMENTS

Follow-ups will be done virtually. We will reach out to you via email twice; around 4 weeks and around 6 weeks after your appointment. Below are instructions for the virtual follow-up.

We will be sending you home with two pregnancy tests.

Use one pregnancy test 4 weeks after your appointment. If it results negative, you may discard or save the second test for another use as you are no longer pregnant. If it comes back positive, do not stress. This may be normal as your body can still have pregnancy hormones circulating up to 6 weeks post-abortion. If this is the case, please use the second pregnancy test 2 weeks later (6 weeks after your appointment date). If that test comes back positive, please call the clinic to schedule an in-clinic follow up.

In-clinic follow-up appointments are also offered 1-2 weeks after the procedure if preferred by the patient.

Medication Abortion Information

The medication or “pill” abortion is a two-day/two-medication process using MIFEPRISTONE and MISOPROSTOL. On Day 1 the doctor will give you a small anti-nausea tablet (Zofran) and the mifepristone (Mifeprex) tablet. You will most likely feel nothing after taking the mifepristone, but rarely, painless vaginal spotting may occur, and this is normal. On Day 1 you can eat or drink anything and it will not affect the mifepristone.

You must wait at least 24, but no more than 48, hours before using the second medication (misoprostol). This medication induces your miscarriage to occur and will cause vaginal bleeding and uterine cramping to begin. We recommend placing a pad in your underwear prior to starting this medication so you can better monitor your vaginal bleeding. We also recommend having a light meal thirty (30) minutes before using misoprostol. A light meal is one that is not spicy, greasy, or contains much dairy (e.g. pasta, crackers, salad, soup (chicken noodle but not cream of chicken)). In addition to providing nourishment in preparation for the second phase of the medication abortion process, the light meal helps insure there is food in your stomach when you use the misoprostol tablets. Sometimes, even if using the misoprostol properly you might accidentally swallow some of the medication and if the medication goes into a stomach containing food it is diluted and much less likely to cause nausea and vomiting.

After the light meal and fifteen (15) minutes before using the misoprostol tablets, we recommend you take the first round of the pain and anti-nausea medication (Zofran).

- Acetaminophen (Tylenol) – 2 tablets (325mg each)
- Ibuprofen (Motrin) – 4 tablets (200mg each)
- Ondansetron (Zofran) – 1 tablet (4mg each)

You can repeat all these medications every 4-6 hours as needed.

Begin the misoprostol regimen by using all four (4) misoprostol tablets at the same time. Place two (2) tablets between your cheek and gum of the lower jaw on each side of your mouth. Once the four tablets are in place leave them there for thirty (30) minutes. Do not eat or drink anything during these 30 minutes. After 30 minutes take a sip of water, “swish” it around in your mouth and swallow. Any remainder of the tablets are safe to swallow as they contain no medicine. Misoprostol will cause you to have strong uterine cramping and vaginal bleeding that will probably be heavier than the normal bleeding you have had for a period. Your miscarriage may take several hours, and we recommend staying home while it occurs. If you need a doctor’s note, we can provide one. Side effects of misoprostol include nausea, vomiting, diarrhea, chills, and a low-grade fever (<100.5 degrees).

The only restriction for the medication abortion is to not place or have anything in the vagina for 7 days following use of the misoprostol. This includes use of tampons, toys, sexual intercourse, bathing (showers are fine), or swimming. Failure to follow this restriction could result in a pelvic infection that could affect your future fertility. We recommend use of overnight maxi pads for the medication abortion process beginning at the time of using the misoprostol tablets as they are our standard for measuring your bleeding.

We will send you home with two (2) home pregnancy tests. Use the first test four (4) weeks after using the misoprostol. If this test is negative the medication abortion may be considered successful, and you do not have to use the second pregnancy test. If the first test is positive, that does not mean the process has failed, but you must wait two (2) weeks and use the second test. If the second test is positive six (6) weeks after medication abortion, you will need an ultrasound exam follow-up. A member of our staff will communicate with you by email about your

pregnancy test results. Please do not take the pregnancy test sooner than 4 weeks after misoprostol use as the result will almost be positive.

- Alternatively, you may learn if your abortion process had been successful by obtaining an ultrasound exam two (2) weeks after using the misoprostol. We can provide that service in our clinic.
- Medication abortion does not affect your future fertility provided you do not allow anything in your vagina for the 7 days following misoprostol use.
- Fertility is restored 1-2 weeks after the medication abortion process, and you can become pregnant.
- For additional pain relief use a heating pad and/or uterine massage. Remember, the uterus is behind and below the upper edge of your pubic bone.
- If more than 24 hours after using misoprostol you have abdominal pain, weakness, nausea, vomiting, or diarrhea with or without fever, these symptoms may indicate a serious infection or other problem and you should contact the clinic immediately or go to the nearest hospital Emergency Room for evaluation and possible treatment.
- If you do not experience any cramping or vaginal bleeding by eight (8) hours after using misoprostol, call our office.

The risks of medication abortion include but are not limited to:

1. Failure to end the pregnancy, resulting in a continuing pregnancy.
2. Failure to empty the uterus of all products of conception, an incomplete abortion.
3. Blood clots
4. Excess bleeding or hemorrhage which may require a blood transfusion.
5. Infection of pelvic organs or structures.
6. Cervical injury.
7. Anesthesia complications.
8. Perforation of the uterus.
9. Injury to bowel, bladder, or other organs or structures that may require surgery to repair.
10. Hysterectomy (removal of the uterus).
11. Death.

For Questions, please contact our office at (719)-884-4070.

HOW MUCH AM I BLEEDING?

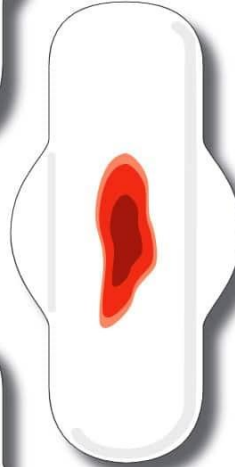
Scant amount

Blood only on tissue when wiped or less than one-inch stain on maxi pad within one hour.



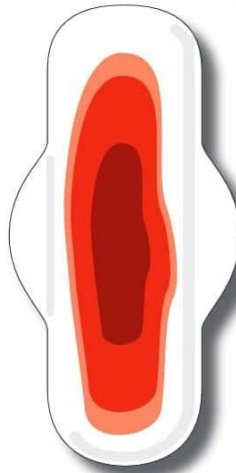
Light amount

Less than four-inch stain on maxi pad within one hour.



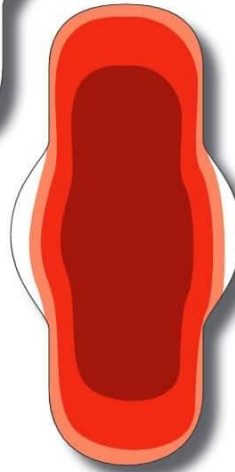
Moderate amount

Less than six-inch stain on maxi pad within one hour.



Heavy amount

Saturated maxi pad within one hour.



¿CUANTO ESTOY SANGRANDO?

Cantidad muy escasa

Solo hay sangre en el papel sanitario cuando se limpia, o tiene manchas que miden menos de una pulgada en una toalla sanitaria tamaño maxi en menos de una hora.

Poca cantidad

Manchas que miden menos de 4 pulgadas en una toalla sanitaria tamaño maxi en menos de una hora.

Cantidad moderada

Manchas que miden menos de 6 pulgadas en una toalla sanitaria tamaño maxi en menos de una hora.

Cantidad muy fuerte

Una toalla sanitaria tamaño maxi completamente saturada en una hora.