



### YOU WILL TAKE 2 SETS OF PILLS FOR YOUR ABORTION

**Day 1 -** You will take a pill at the clinic on Day 1 (called **Mifepristone**). \*If you throw up within 15 minutes of taking Mifepristone, please return to Choices. Do not take the next 4 pills.

**Day 2 or 3 -** You will place 4 pills (**misoprostol**) at home on Day 2 or on Day 3, 24- 48 hours after taking the mifepristone at the clinic. You'll want to plan ahead before you take them. Choose a time when you can be private and rest for a while after you take them.

You may take ibuprofen (Motrin) for the pain. Follow the directions on the bottle.

**Take the 4 misoprostol pills.** Wet your mouth and put 2 pills on one side of your mouth, and the other 2 on the other side of your mouth, between your gums and cheek. Allow them to dissolve. After 30 minutes, swallow what is left. Cramping and bleeding (normal) start within 4 hours after you take the pills. It can last for hours. It is heaviest when the pregnancy comes out. You may not see the small pregnancy which is only up to ½ inch.

#### Things to know:

- Bleeding can be heavy. You may see large blood clots the size of a lemon.
- You may feel sick to your stomach.
- You could have diarrhea.
- You could have mild fever or chills for a little while.

#### Your cramps may be strong. To feel better:

- Take pain medication. **Do not take aspirin**, because it will make you bleed more.
- You may apply heat to abdomen over your clothes.
- Take a shower or sit on the toilet.
- Have someone rub your back.

#### How will I feel after the pregnancy comes out?

- Bleeding: May start and stop for a few days or weeks. You may bleed like a normal menstrual period for 1 or 2 weeks. You should have your normal period again 4 to 8 weeks later.
- Cramping: You will cramp less and less as the hours and days go by.
- Fever and chills: You may have fever and chills the day you take the misoprostol pills. After that call us if your temperature goes higher than 100.4° F.
- Breast changes: Tenderness and a milky discharge may occur for 1 or 2 days.

- Nausea: This should go away in 1 or 2 days after you take the misoprostol pills.
- Feeling tired : You may feel tired for 1 or 2 days.
- Activity: Normal activities like school, work, driving can occur as soon as you feel up to it.

#### What other things should I know?

- Tampons...not for 7 days.
- Vaginal Sex...wait 7 days.
- Birth Control...7 days without sex and back to birth control method discussed with counselor

#### EMERGENCY ISSUES - Seek Choices advice or care if the following occur:

- Your temperature is over 100.4° F continues after the day you take misoprostol.
- You soak more than 2 maxi pads an hour for more than 2 hours.
- You pass multiple "big" (larger than the size of a lemon) blood clots.
- You bleed heavily for more than 12 hours in a row.
- You throw up for more than 4 to 6 hours.

Call **718-786-5000** from 8 am to 10 pm. Patients may speak to the nurse by remaining on the line for the next after-hours representative. If emergency care is needed after 10 pm, please visit your nearest emergency room.

**Follow-up visit:** Your health is important to us. Please come back to our clinic for your follow-up visit. We must confirm by sonogram that your pregnancy came out.

Date \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Time \_\_\_\_\_:\_\_\_\_\_ am / pm