

Mife Diary

Telemedicine

PHARMACY

Blood Test
and
Mifepristone

4 Misoprostol pills
Into cheeks or vagina
(24-48 hours after Mife)

Start using
birth control
(2-3 days later)

1 wk f/u
blood test

Telemedicine
visit with Dr.

Date:															
MEDICATION -misoprostol (M,) Gravol (G), etc.															
BLEEDING: (H, N, or S)															
PAIN: Worst level of pain experienced (0-10)															
OTHER SYMPTOMS: Nausea (N), Vomiting (V), Diarrhea (D), Fever (F), Chills (C), Headache (H), Tiredness (T) etc.															

MEDICATIONS: In the column of the day you use the pills, write the first initial for the medication, for example, "M" for misoprostol, "G" for Gravol

BLEEDING: Put an "H" for bleeding **Heavier** than your regular period an "N" for **Normal Bleeding** and an "S" for **Spotting**

PAIN: On a scale of 0 to 10 with 0 being no pain and 10 being the pain as bad as it can be, what is the worst level of pain you experienced today?

OTHER SYMPTOMS: Write under the column anything else you may have experienced: "N" for nausea, "V" for vomiting, etc.

To Start Bleeding

For Pain – MILD

For Pain – MEDIUM

For Pain – STRONG

For Nausea

For Vomiting



Misoprostol



**Ibuprofen
(Take with Misoprostol)**



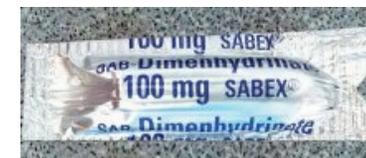
**Tylenol # 3
(Take with Food)**



Endocet (Percocet)



Gravol



Gravol Suppository

You will have an ultrasound and/or blood tests and talk with the doctor to make sure it is safe for you to take the medication. A counsellor will explain the procedure to you and answer your questions. A prescription for the medication will be sent to your pharmacy. There will be no charge to you for the Mifegymiso if you have BC coverage. There will be a charge for the additional pain medication.

After you pick up the medications, you may begin the procedure by swallowing the pill of Mifepristone (Green box – Step 1). Most women have no side effects from this, but some may get mild nausea or feel tired.

You must go for a blood test to measure the pregnancy hormone HCG on the same day that you swallow the Mifepristone. (or within 1-2 days if on the weekend)

24-48 hours later you will use the set of 4 Misoprostol pills. (Orange box – Step 2) You can choose how you will use them:

- **Buccal:** Put the pills between your cheeks and gums for 30 min. Then, swallow any fragments that are left with water.
- **Vaginal:** wash your hands and put one drop of water on each pill before putting them into your vagina as far as you can with your finger.

You can expect to have cramps and bleeding and to pass blood clots within the next 24 hours. The bleeding is likely to be heavier than a period at first, and stay at least as heavy as a period for a few days, and then become lighter. It is possible that you may only have a few hours of heavy bleeding or no bleeding at all. Depending on the stage of your pregnancy, you may notice only menstrual blood, clots or some pink or grey tissue mixed in the blood. If your pregnancy is over 7 weeks, you may be able to see a fetus.

Some women have chills, fever, nausea, vomiting, dizziness or headache. This is normal and should not last more than a few hours. You can take Gravol for nausea. For cramping pain, take the Ibuprofen, Tylenol #3 and/or Percocet you were given. You can also use a hot water bottle or heating pad. Remember that Tylenol #3, Percocet, and Gravol can make you sleepy, so don't drive after you have taken them.

If you are one of the women who have a delayed reaction to the medication (<5%), you may feel nothing. This does not mean that the

procedure is not working and the doctor will discuss this with you at your check-up.

You may eat or drink as usual and go back to your normal activities (including wearing tampons and sexual activities) as soon as you feel ready. Most women need to rest for 1- 2 days after using the misoprostol pills. Mood swings or emotional upset often accompany the drop in pregnancy hormones and may last for a few days or weeks. Nausea from the pregnancy should disappear within two days and breast changes usually settle by the end of the first week, but both may persist if you are on the birth control pill. Most women bleed for about 10 days, but you may bleed on and off, or continuously, until your next regular period which should start in 4-6 weeks.

1 week blood test: You will go back to the lab for another blood test one week after taking the Mifepristone. This blood test is to make sure that the medication worked and the pregnancy is not growing anymore. The doctor will compare the two blood test results and will let you know if the procedure is finished at your final telemedicine visit.

If the blood test shows your pregnancy has stopped growing, but you have not had bleeding yet (delayed reaction <5%), you will be offered 3 choices:

1. You can take more misoprostol
2. You can have a surgical aspiration of the pregnancy tissue
3. You can wait until you pass the tissue on your own, usually within 4 weeks, and we will monitor you during this time.

The pregnancy usually stops when you take the medication but if you are in the less than 1% of women who still have a growing pregnancy at the time of your follow up ultrasound, you will be scheduled for surgery.

CALL US:

- **If you soak more than 2 pads per hour for more than 2 hours (more than 4 pads in 2 hours).**
- **If you have a fever over 38°C (100.4°F) or feel sick (nausea, vomiting) for longer than 4 hours, more than 24 hours after your last dose of Misoprostol.**

EMERGENCY NUMBER: Willow Women's Clinic (24 hours) 604-709-5611

Please do not call the emergency number if you are concerned that you are not bleeding enough, just go for your blood tests as scheduled.