

**MIFE**

**\*\*PHARMACY (1ST FLOOR)\*\***

**Virtual Diary**

Mifepristone

4 Misoprostol pills

2<sup>nd</sup> dose-4 Misoprostol pills

Start using birth control

1-week f/u

(Urine pregnancy test)

Into cheeks or vagina

(If needed)

1-month f/u

(24-48 hours after Mife)

(Book for IUD Insertion)

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**



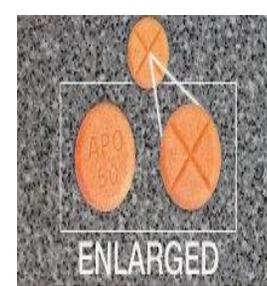
**Ibuprofen  
(Take with Misoprostol)**



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



**Endocet (Percocet)**



**Gravol**



**Gravol Suppository**

PATIENT INFORMATION (Mifegymiso) Mifepristone/Misoprostol

After virtually meeting with the doctor to discuss the pregnancy, you will talk to a counsellor who will explain the procedure to you. **First**, you will swallow one pill of mifepristone. Most women have no side effects from this, but some may get mild nausea or feel tired.

**24-48 hours later:** you will use the set of 4 **Misoprostol** pills. 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, bleeding and to pass blood clots within the next 24 hours. The bleeding varies. It is likely to be heavier than a period at first and stay at least as heavy as a period for a few days. It is possible that you may only have a few hours of heavy bleeding or no bleeding at all.

**24 hours after the Misoprostol pills:** If you have not had bleeding heavier than a normal period take the second set of 4 Misoprostol pills.

**If you are past 9 weeks pregnant,** take the second set of 4 Misoprostol pills 4 hours after the first set as instructed.

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.

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.

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 later:** You will have a virtual follow-up appointment with the doctor. She will ask you questions to assess whether the pregnancy has passed and the abortion is complete. You may still be bleeding at this time and that is okay. You may continue to bleed for a few more weeks and you may continue to pass more blood clots.

**1-month later:** You will have a virtual follow-up appointment with the doctor. You should do the urine pregnancy test we provided in the morning before the call. You will discuss the results with the doctor.

If results indicate that the pregnancy has stopped growing, but that there is still pregnancy tissue in your uterus (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 one month follow up, 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.

- having a steady one-sided pain that is not helped by pain medication

**EMERGENCY NUMBER:** Willow Clinic (24 hours) 604-709-5611

Please do not call the emergency number if you are concerned that you have not had enough bleeding. Contact the office during regular business hours.