



Willow Clinic

Diary

24-48 hours later - Four Misoprostol Pills
In cheeks or vagina (Repeat if little
bleeding or more than 9 weeks)

Day 10-14 Follow Up Visit

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date														
Appointments / tests														
MEDICATIONS	First pill: Mifepristone (to be swallowed)													
Misoprostol (M) Antinauseant (N) Ibuprofen (I) Tylenol 3 (T3)														
BLEEDING														
Heavy (H) Normal (N) Spotting (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)														

Date: In this row enter the date you take your mifepristone. This will be Day 1. Then enter the dates for day 2 to 14.

Appointments / tests: In this row enter your appointments and blood test or ultrasound dates (if applicable)

MEDICATIONS, BLEEDING, PAIN, OTHER SYMPTOMS: In these rows enter your symptoms with the letters and numbers indicated on the days you have any symptoms.

Please have this diary filled out and ready at your first follow up appointment.

First Pill



To Start Bleeding



For Pain (Ibuprofen)



For Pain



For Nausea



PATIENT INFORMATION (Mifegymiso) Mifepristone/Misoprostol

After you have met with our doctor and counsellor or watched our video you are ready to pick up your medication from the pharmacy and start your medications. **First**, you will swallow one pill of mifepristone. Most patients have no side effects from this, but some may get mild nausea, bleeding or feel tired. Even if you bleed, please continue with the following steps.

24-48 hours later: you will use the first set of 4 **Misoprostol** pills. We recommend you take two ibuprofen tablets first and an antinauseant if you are nauseas. Then you can choose how you will take the 4 misoprostol pills:

Buccal: Put the pills between your cheeks and gums for 30 min. Then, swallow any fragments that are left with water. If you are already very nauseas with this pregnancy, consider taking these pills vaginally instead.

Vaginal: Wash your hands and wet your finger and press on the pill so it sticks to your finger. Then put them into your vagina as far as you can. Lie down for 30 minutes.

You can expect to have cramps, bleeding and to pass blood clots within the next 24 hours. The bleeding and pain vary. 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. It is possible that you may only have a few hours of heavy bleeding or no bleeding at all. You will have mild to severe pain. If you have severe pain – it should not last longer than a few hours and you can take the pain medication as discussed.

You may have chills, fever, nausea, vomiting, diarrhea, dizziness or headache. This is normal and should not last more than a few hours. You can take an antinauseant for nausea. For cramping pain, take Ibuprofen as recommended and you can add the Tylenol #3 if you need to. You can also use a hot water bottle or heating pad. Remember that Tylenol #3 and antinauseants 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 sac or fetus.

If you are past 9 weeks pregnant, we will ask you to take the second set of 4 Misoprostol pills 4 hours after the first set, even if you are having bleeding. If you are bleeding put the second set of pills in your cheeks.

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.

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 patients 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 and fatigue from the pregnancy should disappear within a few days and breast changes usually settle by the end of the first week. Most patients bleed for about 11 days, but you may bleed on and off, or continuously, until your next regular period which should start in 4-6 weeks.

10-14 Days later: You will have a follow-up appointment with the doctor. You will be asked questions to assess whether the pregnancy has passed and the abortion is complete. Please have your completed diary with you. You may still be bleeding at this time and that is okay.

Blood Tests: If you have been asked to go for blood tests, please go at the timing discussed in order to assure you are no longer pregnant and have no further complications.

Sometimes 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 your follow up, you will be scheduled for surgery.

CALL US:

- if you soak more than 2 pads per hour for more than 2 hours
- if you are bleeding very heavily and are dizzy and faint
- 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.
- have 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.