



How to take your pills and what to expect

You will take 2 sets of pills ...



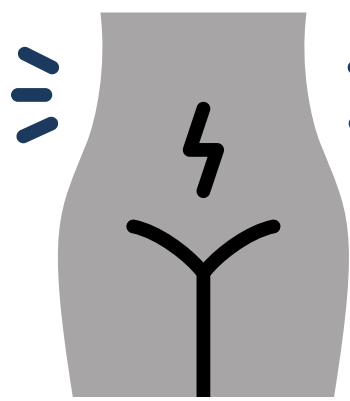
DAY 1: You will take a pill at the clinic on Day 1 (**Mifepristone 200 mg**).

CAUTION! If you throw up within 15 minutes of taking Mifepristone, please return to Choices.

Do not take the given pills for use at home!



DAY 2 or 3: You will take 4 pills at home (**Misoprostol 200 mcg each**), 24-48 hours after taking mifepristone at the clinic. Wet your mouth and put 2 pills on each side of your mouth , between your gums and cheek at the same time. Allow them to dissolve. After 30 min, swallow what is left.



Cramping and bleeding normally start within 4 hours . It can last for hours and is heaviest when you are passing the pregnancy. You may not see small pregnancies, which are only up to half an inch.

You may take **ibuprofen (Motrin) for the pain**. Follow the instructions on the back of the ibuprofen bottle. **DO NOT TAKE ASPIRIN** because it will cause you to bleed more

Other symptoms to expect...

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

Your cramps may be strong. To feel better:

- Put a hot water bottle or **heating pad** on your belly
- Take a shower or sit on the toilet
- Have someone **rub your back**

How will I feel after I pass the pregnancy?

1. **Bleeding:** May start and stop for a few days or weeks. You may bleed like a normal menstrual period for 1 to 2 weeks. You should have your normal period again 4 to 8 weeks later.
2. **Cramping:** You will cramp less and less as the hours and days go by.
3. **Nausea:** This should go away in 1 to 2 days after you take misoprostol.
4. **Fever and Chills:** You may have fever and chills the day you take the misoprostol pills. Call us if your fever gets higher than 100.4 F
5. **Activity:** Normal activities like school, work, and driving can occur as soon as you feel up to it.
6. **Breast Changes:** Tenderness and a milky discharge may occur for 1 to 2 days.
7. **Feeling tired:** You may feel tired for 1 to 2 days.

Follow-up Visit:

Your health is important to us. **Please come back to our clinic for your follow-up visit IN 2 WEEKS.** We must confirm by sonogram that the pregnancy has passed from your uterus.

Date _____/_____/_____.

Time: _____:_____ am / pm

Things I should know:

- **Tampons...** not for 7 days
- **Vaginal sex...** wait for 7 days
- **Birth control...** 7 days without sex and back to the birth control method you discussed with your counselor
- **Nothing** into your vagina for 7 days

Emergencies:

Call 718-786-5000 24/7 if...

- If a **fever 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 -6 hours

[LU:1.925/6-9 weeks]