



How to take your pills and what to expect

You will take 2 sets of pills ...

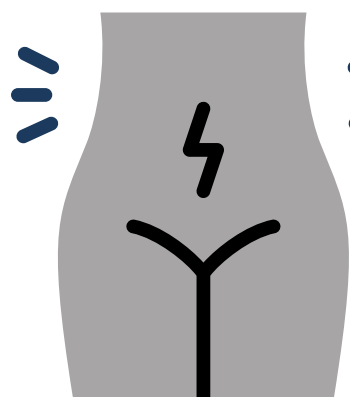


DAY 1: You will take 1 pill at the clinic on Day 1 (**Mifepristone 200mg**).

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 8 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. Take the other four pills in the same way as above 3-4 hours after taking the first one.



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