



**TODAY:**

- » Take one tablet of mifepristone during your appointment at WHC.
- » There is a small risk of light bleeding and cramps. Manage cramps by taking ibuprofen (Advil<sup>®</sup> or Motrin<sup>®</sup>) or naproxen (Aleve<sup>®</sup>).
- » Drink lots of fluids.
- » Wear a large maxi pad, in case you begin bleeding.

**24-48 HOURS AFTER TAKING MIFEPRISTONE:**

- » Wear a large maxi pad and change it as needed.
- » Place 2 tablets of misoprostol in each cheek (4 tablets total).
- » Keep the pills in your cheeks for 30 minutes.
- » Swallow what is left of your pills by drinking a glass of water.

***What to Expect:***

**After taking the first pill (mifepristone) you may:**

- » Have bleeding and cramps, however most people will not have any side effects from this medication.

**After taking the second set of pills (misoprostol), you may:**

- » Experience nausea, chills, cramps, upset stomach, fever, and diarrhea. If any of these last longer than 24 hours after taking misoprostol, call WHC at 204-947-2422 ext. 200.
- » Have moderate to very severe cramps and increased bleeding 30 minutes to 4 hours after taking the 4 misoprostol pills. Cramps and bleeding will become more intense, usually until the pregnancy has passed.
- » Have clots as large as lemons.
- » Have very light bleeding or spotting for a few weeks afterwards.

**Cramps**

- » May be very intense as the pregnancy passes.
- » May reduce if you rest and apply a hot water bottle or heating pad.
- » Take ibuprofen (Motrin<sup>®</sup> or Advil<sup>®</sup>) or naproxen (Aleve<sup>®</sup>).
- » Do not take ASA (Aspirin<sup>®</sup>) for pain - it may increase bleeding.

### **Call WHC if you:**

- » Soak 4 or more maxi pads in 2 hours.
- » Pass very large blood clots (larger than the size of a lemon).
- » Have a fever: 38.0° C or 100.4° F or higher for 4 hours in a row or develop a fever 24 hours after taking misoprostol.
- » Have chills or shaking 24 hours after taking misoprostol.
- » Have unusual vaginal discharge (green or yellow in colour) or discharge that has a bad odour.

### **Where to get help**

Our staff can help you by telephone at 204-947-2422 ext. 200 during clinic hours. At all other times you can:

- » Call Health Links 204-788-8200 (inside Winnipeg) or 1-888-315-9257 (outside Winnipeg).
- » Go to the Emergency Department (HSC if in Winnipeg) or your nearest hospital.

### ***After your medical abortion***

The following are normal after a medical abortion:

**Within 24-48 hours:** Nausea, vomiting and breast tenderness lessen.

**Within 1-2 weeks:** Pregnancy symptoms (fatigue, bloating, and mood changes) lessen. Pregnancy hormones can stay in your body after a pregnancy has ended. It is possible to still have a positive pregnancy test within 6 weeks of an abortion.

**Within 4-6 weeks:** You should have a normal period.

Important: You can get pregnant at any time after your medical abortion. If you are concerned about pregnancy, follow the birth control plan you talked about with our staff. Prevent sexually transmitted infections by always using a condom when you have sex. If you have unprotected sex, a condom breaks, or you miss taking your birth control pill, you can take the Emergency Contraceptive Pill (Plan B). You can get it without a prescription at community health clinics, hospital emergency departments and most pharmacies.

### ***Follow-Up***

During your initial appointment at WHC, you will set up a follow-up appointment. It is very important to attend this appointment to ensure the abortion is complete. If you would like to have an IUD inserted, please let us know when booking your follow-up.