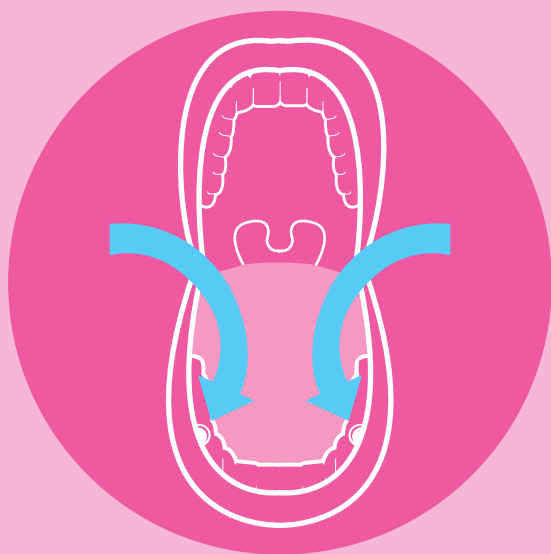


Early Medical Abortion Take-Home Pack

You should take your painkiller tablets just before you take the misoprostol.

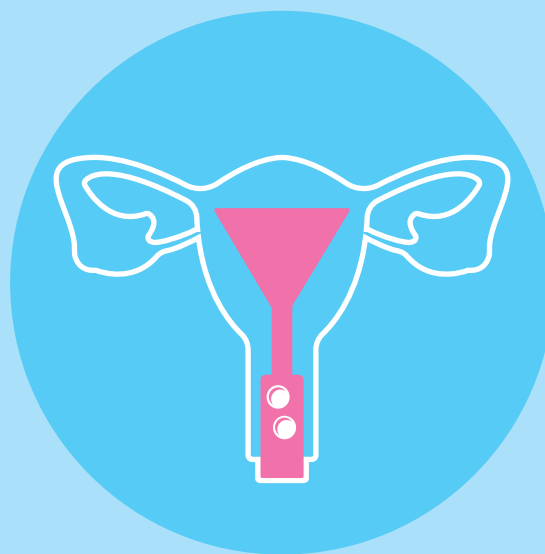
How to take misoprostol

You take misoprostol between 24 and 48 hours (1-2 days) after taking the first medication, mifepristone. You take it by letting it dissolve in your mouth or your vagina.



Option 1: In your mouth

- 1 Hold TWO pills between your gums and your cheeks for 30 minutes.
- 2 Don't eat, drink or smoke during this time.
- 3 After 30 minutes rinse your mouth with water and swallow whatever is left of the pills.



Option 2: In your vagina

- 1 Put TWO pills into your vagina, as far in as you can manage comfortably.
- 2 Lie down or avoid moving much for 30 minutes.

There's one extra pill in your take-home pack

If bleeding hasn't started within four hours of taking two pills, take the extra pill in the same way. Most people will not need to use it. If you do not need to use the extra pill, you can bring it back to an IFPA clinic or ring your local pharmacy to check if they take unused medication.



I took my **mifepristone** at : am/pm on / /

I will take my **misoprostol** between : am/pm on / /

and : am/pm on / /

IFPA
Dublin City Centre
01 872 7088



IFPA
Tallaght
01 459 7685



HSE
My Options helpline
1800 828 010

Irish Family Planning Association – January 2019

My Options
All the information and support you need in an unplanned pregnancy



Medical Abortion

What to expect

1 After 1st medication – mifepristone

Light bleeding or none at all



2 After 2nd medication – misoprostol

FIRST
6
HOURS

AFTER MISOPROSTOL



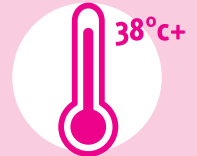
Strong painful cramps

- Use a hot water bottle or heat pad.
- Take your painkiller tablets according to your doctor's instructions.



Passing blood, clots and tissue

- Use maternity pads, not tampons.
- The pregnancy can be hard to spot and you will not usually notice it.



High temperature

- Drink lots of fluids to stay hydrated – water, soft drink, juice.
- Your painkiller tablets should help.

R I N G C L I N I C O R H E L P L I N E

If painkillers don't help

If you soak 2 pads an hour for 2 hours in a row or have no bleeding at all

If it doesn't get better after 24 hours

NEXT
24
HOURS

AFTER MISOPROSTOL



Diarrhoea

- Drink lots of fluids to stay hydrated – water, soft drink, juice.
- Take loperamide (Immodium) if you need to.



Cramps and bleeding

- Usually similar to a heavy or moderate period.
- You can keep taking your painkillers.



Vomiting / nausea

- Drink lots of fluids to stay hydrated – water, soft drink, juice.
- Take domperidone (Motilium) if you need to.

R I N G C L I N I C O R H E L P L I N E

If it doesn't get better after 24 hours

If you soak 2 pads an hour for 2 hours or have no bleeding at all

If it doesn't get better after 24 hours

NEXT
2
WEEKS

AFTER MISOPROSTOL



Moderate to light bleeding (similar to your normal period)

- After two weeks, you should do your low-sensitivity pregnancy test. Normal high-sensitivity pregnancy tests will show a positive for a few weeks after an abortion.

R I N G C L I N I C O R H E L P L I N E

If you still feel pregnant or your low-sensitivity pregnancy test is positive

IFPA
Dublin City Centre
01 872 7088

IFPA
Tallaght
01 459 7685

HSE
My Options helpline
1800 828 010

Irish Family Planning Association – January 2019

My Options
All the information and support you need in an unplanned pregnancy

