

# Early Medical Abortion

## What to expect

**After taking the first medication – mifepristone (Mifegyne)**  
Expected effects



Some light bleeding or no bleeding at all

**After taking the 2nd medication – misoprostol (MisoOne)**  
Expected effects



### Crampy Pain

**DAY 1**

Strong painful cramps

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

**FROM DAY 2**

Cramps are usually more like a normal period

- You can keep taking your painkillers if you still need them.



### Bleeding

**DAY 1**

Bleeding is heavier than a normal period with clots and tissue

- Use maternity pads, not tampons.

**FROM DAY 2**

Bleeding is usually similar to a heavy or moderate period.

- Use pads, not tampons.

## GO TO HOSPITAL

If pain is severe and pain killers don't help

If you soak 2 pads an hour for 2 hours in a row

If you have little or no bleeding 24 hours after taking your second medication, you should contact an IFPA clinic during the next available opening hours.

## Effects some people may experience



### Diarrhoea

- Drink lots of fluids to stay hydrated – water, soft drinks and juice.



### Vomiting / nausea

- Drink lots of fluids to stay hydrated – water, soft drinks and juice.



38°C+

### High temperature

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

## RING AN IFPA CLINIC OR THE MY OPTIONS HELPLINE

If it doesn't get better after 24 hours

## The next 2 weeks



### Moderate to light bleeding

Over the next two weeks there will usually be moderate to light bleeding which is similar to your normal period and gets lighter as time passes.

- After two weeks you should do the special low sensitivity pregnancy test in your Home Care Pack.

- **DO NOT** use a pharmacy bought pregnancy test as they are too sensitive and could potentially show a false positive result for several weeks.

## RING AN IFPA CLINIC OR THE MY OPTIONS HELPLINE

If you still feel pregnant one week after you take your second medication

OR

Your low sensitivity pregnancy test is positive two weeks after you take your second medication

**IFPA**  
Dublin City Centre  
**01 872 7088**

• **IFPA**  
• Tallaght  
• **01 459 7685**

• **My Options Helpline**  
• Medical advice available 24 hours a day, 7 days a week  
• **1800 828 010**



[www.ifpa.ie](http://www.ifpa.ie) | [reception@ifpa.ie](mailto:reception@ifpa.ie) | IFPA APPOINTMENT LINE 1850 49 50 51

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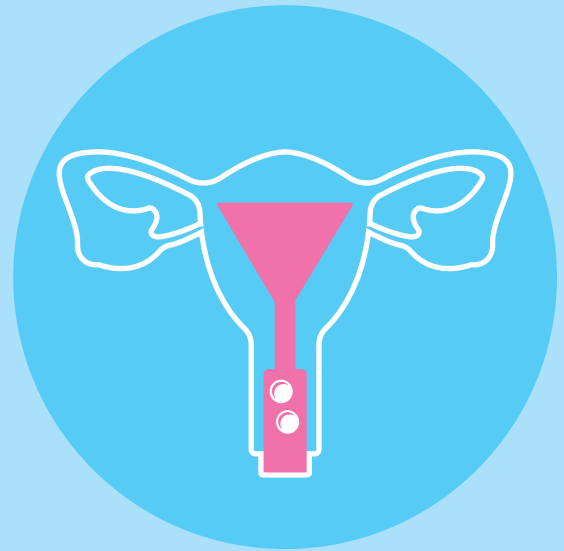
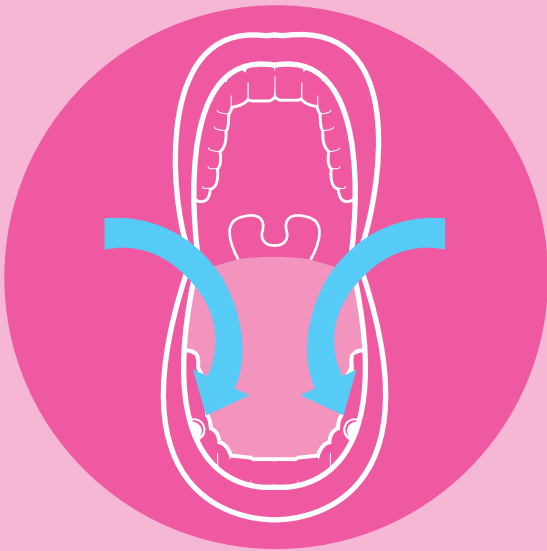
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## Take-Home Pack

### How to take Misoprostol (MisoOne)

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

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



#### Option 1: In your mouth

- 1 Put one pill inside each side of your mouth. Position the pills between your cheek and gum at the back of your mouth. Keep your mouth closed for the next 30 minutes to allow the pills to dissolve.
- 2 Don't eat, drink or smoke during this time.
- 3 After 30 minutes rinse water around your mouth 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 is one extra misoprostol (MisoOne) pill in your second medication envelope

**Most people will not need to use it.** However if bleeding hasn't started within four hours of taking your two misoprostol (MisoOne) pills, take the extra pill in the same way.

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.

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