



NORTHERN OPTIONS FOR WOMEN

MEDICAL TERMINATION OF PREGNANCY Instructions

You have seen Dr. _____ today

You can contact the NOW program Monday to Friday 730-330 at (867) 765-4018

You can contact the Stanton Hospital Emergency Department at (867) 669-4100

Mifegymiso	Methotrexate/Misoprostol
<p>You will receive a package of Mifegymiso. It contains two boxes: one <i>green</i> box with one (1) tablet of mifepristone, one <i>orange</i> box with four (4) tablets of misoprostol. We may have given you one additional dose of four (4) misoprostol tablets.</p> <p>Day 0: _____ You will swallow the one (1) tablet of mifepristone, either at the clinic or at home.</p> <p>Day 1 or 2 (24-48h later): _____ Take two doses of misoprostol, taken 4 hours apart. Place all four tablets of misoprostol under your tongue, with a small amount of water to wet the tablets. Hold them there at least 30 minutes, or until they are completely dissolved. If you have a second dose you may repeat in 4 hours, <i>even if bleeding has already started.</i></p>	<p>You will receive either one or two injections of methotrexate, depending on the dose required for your body. You will also receive two doses of misoprostol, with four (4) tablets per dose.</p> <p>Day 0: _____ You have received the injection(s) of methotrexate.</p> <p>Day 2 or 3 (48-72h later): _____ Take two doses of misoprostol, taken 4 hours apart. Place all four tablets of misoprostol under your tongue, with a small amount of water to wet the tablets. Hold them there at least 30 minutes, or until they are completely dissolved. Repeat in 4 hours, <i>even if bleeding has already started.</i></p>

After taking the misoprostol, you can expect bleeding and cramping to start within a few hours. This is usually heavier than a normal period, with clots, and often with moderate to severe cramping. The heavy bleeding usually lasts several hours, then starts to taper. Overall, bleeding may last 10-14 days, but should get lighter and lighter with time.

Once bleeding starts, do not put anything into your vagina: *no vaginal sex, no fingers, no douches, no tampons.* You may have a shower or bath, but avoid swimming pools and hot tubs as these can increase the risk of infection.

You can use ibuprofen (advil, motrin, etc) and dimenhydrinate (gravol) to manage cramping and nausea. You will also have been given a prescription for some Tylenol #3, which can be used 1-2 tablets at a time for more severe cramping, if necessary.

If you have any of the following, you should go to the emergency department:

- **A fever of more than 38 C that lasts more than 4 hours**
- **An allergic reaction (wheezing, hives, itchiness, swelling) after taking one of the medications**
- **Very heavy bleeding soaking more than 2-3 maxi pads per hour for more than 4 hours**
- **Severe pain that is different from cramping, or that you cannot manage using the medications above**

You can become pregnant again before your next normal period, so do not have sex before making sure you have effective birth control! If you have chosen an IUD, this can be inserted at your follow-up appointment once we have confirmed the abortion is completed; you will still need to use condoms for another 10 days after this if you have chosen a hormonal IUD. If you are using the pill, patch, or ring, start this on the day after taking the misoprostol.

FOLLOW-UP APPOINTMENTS
<p><input type="checkbox"/> Bloodwork: Some people can have some or all of their follow-up with labwork and phone calls</p> <ul style="list-style-type: none"> ○ Have your lab tests done on _____ and _____ ○ You can expect a phone call from the program on _____ <p><input type="checkbox"/> Day 7-14 clinic visit: If required return to the NOW program on _____ at _____ for a follow-up examination and ultrasound</p>