

## GO TO EMERGENCY IF:

### SEVERE BLEEDING:

- Soaking through more than 2 thick, full size pads in 2 hours, for 2 hours in a row (4 pads in 2 hours).
- Passing clots larger than a lemon.
- Bleeding so heavily that you feel faint, dizzy, weak, short of breath or have chest pain.



### SEVERE PAIN:

- Unmanageable pain that is not improving by rest, heating pads, bath or shower, or massage/supportive touch or pain medication (such as acetaminophen or naproxen).



### SIGNS OF ECTOPIC PREGNANCY

- Severe or sharp pelvic pain on one side.
- Pain in the tip of your shoulder (near your shoulder blade).
- Pain in your neck or your bum (rectum).
- Weakness, feeling faint or dizzy



### SIGNS OF INFECTION:

- Fever (above 38°C or 100.4°F) lasting more than 6 hours.
- Fever 24 hrs after taking misoprostol.



### ALLERGIC REACTION

- Swelling of the face, lips, tongue, throat, or any trouble breathing



# Taking Mifegymiso

## CALL TO SCHEDULE AN EARLIER APPOINTMENT IF:

- You vomit within 60 minutes of taking Step 1.
- You vomit within 30 minutes of taking Step 2.

### After taking the misoprostol, if you have any of the following:

- You do not have any bleeding or cramping within 2-7 days
- Your bleeding is not getting lighter after 2 weeks.
- Your pregnancy test is positive after 4 weeks.
- Foul-smelling vaginal discharge



Outpatient Booking: 416-469-6031

Follow-up appointment:



## Day 1

Swallow **1 pill mifepristone** with water.

### After mifepristone:

- Some have light bleeding
- Most don't have any bleeding or side effects



## Day 2: 24-48hrs after

### 1. Prepare for effects



**Cramping:** naproxen - 250-500mg every 12h  
or ibuprofen (Advil) - 400 mg every 4h  
acetaminophen (Tylenol) - 500 mg every 4h



**Nausea and Vomiting:** dimenhydrinate (Gravol) - 50 mg every 4h



**Diarrhea:** loperamide (Imodium)

### 2. Take 4 misoprostol pills

Put **two pills inside each cheek**, and hold them there for 30 minutes. After 30 minutes, swallow the rest with water.



OR

Wash your hands.

Place **4 pills inside your vagina**.

Lie down for 30 minutes. If pills fall out after 30 minutes, throw them away.



### 3. Wait 4 hours and take 2nd dose of misoprostol, only if you have been told to do this.



## After misoprostol:

### Within 2-6 hours:

- Strong, painful cramping
- Bleeding heavier than a period
- May pass lemon-sized clots
- Fever and chills

### Within 24 hours:

- Nausea, vomiting, diarrhea
- Headache, dizziness

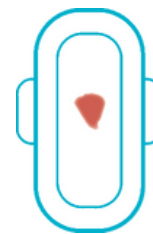


Only use pads, not tampons.

### Days and weeks after:

- Bleeding can be like a period (moderate) in the first 1-2 weeks
- Ovulation can happen 8 days after the pills. Consider contraception.
- On average, bleeding lasts for about 2 weeks
- Bleeding should reduce over time
- Sometimes, light bleeding or spotting lasts for 2-6 weeks
- Sometimes, bleeding stops and starts again
- The first period usually returns in 4-6 weeks
- The first period can be heavier or longer than usual; this is normal
- Urine pregnancy test can remain positive for 4 weeks, even if you are not pregnant.

### How much am I bleeding?



Spotting

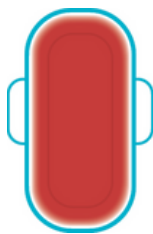


Light



Moderate

Partly soaked.



Heavy

Completely soaked.

If you soak (heavy) 2 pads per hour for more than 2 hours in a row, seek urgent care.

### Consider contraception:

- Pills, patch, injection, ring, and implant can start within 7 days
- IUD can start 7-14 days after

