

Philadelphia Women's Center
DISCHARGE INSTRUCTIONS FOR MEDICAL ABORTIONS

You have chosen to end your pregnancy using medication; this type of abortion is called a **medical abortion**. Please read these instructions carefully, they give you an overview of your abortion process, answer common questions and give instructions on when to call our **24-hour Hotline (800) 869-2330**. This sheet also tells you about effective ways to make yourself more comfortable during the abortion process.

THE 3 STEPS OF YOUR ABORTION

1. **THE FIRST PILL in the office-** The pill you were given in the office was called MIFEPREX. After taking this pill, you may have:

- Pain in your abdomen (stomach) or cramps in your uterus
- Nausea and vomiting (feel sick or throw-up)
- Headache
- Feel tired or dizzy
- Diarrhea
- Vaginal bleeding

These things are all **NORMAL**. You also may **not feel** any of these things and that is **NORMAL** too.

2. **THE SECOND PILLS at home-** You were given 4 pills to take at home 24-48 hours after your first pills, these pills are called MISOPROSTOL. These pills go between your cheek and your gum. Take these pills between _____ .

After taking these pills you may have:

- Pain in your abdomen (stomach) or Cramps in your uterus
- Nausea and vomiting (feel sick or throw-up)
- Headache
- Feel tired or dizzy
- Diarrhea
- Vaginal bleeding

Again, these things can all be **NORMAL**. The pain you feel may be very bad and the bleeding might be very heavy. The reason for the strong pain and heavy bleeding is because you are passing the pregnancy out of your body.

3. **YOUR FOLLOW-UP VISIT at the office-** This visit is **VERY** important. This visit is approximately 2 weeks after your first visit. You must come to the office for this visit so that the doctor can make sure your abortion was successful and that you are not pregnant anymore. Your follow-up visit is _____ at _____ am/pm.

WHAT IS NOT NORMAL? WHEN SHOULD I CALL?

- If you have a **fever of 100.4 or higher**, call!
- If you have **abdominal pain or cramps in your uterus** that don't go away with the pain medicine you were given, call!
- If you have **heavy bleeding**, soaking through 2 thick full size pads, for two hours in a row, call!
- If you feel "sick" or have weakness, nausea, vomiting or diarrhea for more than 24 hours after the second pills, call!
- If you have a question that isn't answered on this sheet or you don't know if what you are feeling is normal, call!

24-hour Hotline (800) 869-2330

WHAT CAN I DO TO MAKE MYSELF SAFER & MORE COMFORTABLE DURING THE ABORTION PROCESS?

PREPARE:

The medical abortion process is different for everyone. Some people may have side effects for a week and others may have side effects for 2-3 weeks. During the first 5 days after you have taken the pills, the side effects are usually the most common. During this time, make sure you have not scheduled any unnecessary appointments, that you have taken time off from work/school and that you have childcare if you need it. Pick up all of your prescriptions and take the medication as prescribed. Have a support person available to you. Have a supply of maxi pads, a hot water bottle or a heating pad. Buy over the counter Non-drowsy Dramamine to reduce nausea.

Reduce INFECTION:

- Use clean maxi pads, not tampons, for your bleeding
- Do not put anything in your vagina until after your follow-up exam and are told it is ok
- No swimming, no baths and no sex until your follow-up exam and are told it is ok
- Take all the antibiotics you were prescribed
- Make sure your hands are clean before touching the vaginal area
- Be aware of how you feel- this process can be painful and uncomfortable BUT if you know you do not feel "right", feel achy or strange or are experiencing things not mentioned, call the office
- In the highly unlikely event you cannot reach our facility or have no ways to contact us, go to the Emergency room and bring this form with you

Reduce PAIN:

- Take the pain medications you were given
- Apply heat to your abdomen
- Drink warm liquids
- Massage your abdomen
- Alternate between walking and resting

Reduce NAUSEA:

- Take over the counter non-drowsy Dramamine after Mifeprex, your first pill
- Take over the counter Dramamine before and after the Misoprostol, your second pills
- Take pain medication before you take the Misoprostol, your second pills

Just as you may experience a wide range of physical symptoms during and after your medical abortion, you may also experience a wide range of emotions and feelings. This is normal. If at any point you want to talk to a Philadelphia Women's Center counselor, please call the center and ask to speak with a counselor.

If you want to remain anonymous, you can contact a telephone hotline, Exhale at (866) 439-4253 or Backline at (888) 493-0092.

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