

## **INSTRUCTIONS: MIFEPRISTONE/MISOPROSTOL FOR MISCARRIAGE**

Mifepristone (also known as Mifeprex) and misoprostol (also known as Cytotec) are safe and effective medications that when taken in combination can help you pass a pregnancy. It is an excellent alternative to undergoing a surgical procedure.

### **INSTRUCTIONS**

You received the Mifepristone at \_\_\_\_\_ (time) on \_\_\_\_\_ (date).

You will insert the Misoprostol at \_\_\_\_\_ (time) on \_\_\_\_\_ (date), 24-48 hrs later.

You will need to be able to relax for 6-12 hours after taking misoprostol. Insert the 4 misoprostol pills into the vagina, as far back as you can reach. It does not matter if you insert them one by one or all at once -- so long as they are inside the vagina, they will work. Lie down for about an hour after inserting the tablets to allow absorption. It is a good idea at this time to take ibuprofen 800 mg (equivalent to 4 pills of over-the-counter Motrin/Advil), which can be repeated every 6 hours as needed. You should wear a maxi-pad (sanitary napkin). You most likely will begin to have some bleeding or cramping within the first few hours of inserting the misoprostol. Nausea, vomiting and diarrhea are common side effects. Fever is common, and temporary; taking ibuprofen can help prevent the fever.

### **WHAT TO EXPECT**

You will begin to have some light spotting sometime after inserting the medication. You may also have some mild cramping, similar to what you would experience with your period. The bleeding and cramping will usually peak around 4-6 hours after the tablets are inserted. You may take a narcotic medication at this time if the pain becomes severe. The pregnancy sac will typically expel when the bleeding and cramping is at its worst; once the sac is passed, the heaviest cramping and bleeding should start to subside. You will see mostly blood clots and gray or beige tissue; it is uncommon to see anything recognizable. You may have some residual cramping following passage of the pregnancy tissue, for which ibuprofen works best.

### **FOLLOW UP CARE**

You may bleed for up to 3 weeks after using the misoprostol. The bleeding should resemble a period that gets increasingly lighter. Do not put anything in the vagina (NO tampons, NO intercourse, NO douching) until the bleeding has completely subsided. A follow-up appointment with ultrasound should be scheduled in our office approximately 10 to 14 days after using these medications to ensure that the pregnancy sac has passed. Your next period should come within the next 6 weeks.

### **PLEASE CALL US AT 203-787-2264 IF:**

- You are soaking through more than 2 pads an hour for at least 2 hours
- Fever of at least 100.4 degrees Fahrenheit that lasts more than 4 hours
- Severe abdominal pain that persists even after the pregnancy tissue has passed

- You experience minimal bleeding/cramping and think that the pregnancy did not pass