



## EMW Women's Surgical Center Medical Abortion Instruction & Information Guide

You have chosen to terminate your pregnancy using Mifeprex and Cytotec tablets. This is referred to as a Medical Abortion, and is an option for you if you are less than 9 weeks and 6 days pregnant from your last menstrual period. We will do an ultrasound to determine how far along you are in your pregnancy.

Mifeprex is used to stop the pregnancy from progressing and loosen the pregnancy off the uterine wall. Cytotec will cause your uterus to contract and thereby expel the contents of the uterus.

You will experience vaginal bleeding and cramping. You will also pass blood clots and tissue. The bleeding is often heaviest the first and second day and tapers down to be more like a normal period. The bleeding could last anywhere from just a few days to still some spotting up to three weeks. It is important that you use only pads during the bleeding, no tampons. Also no swimming, no tub baths (showers only), and no sex until your follow-up date.

A day before your follow-up date on \_\_\_\_\_ we ask you to do a pregnancy test at your house. If your test is negative and you are not bleeding, you do not have to come in for your follow-up appointment. If you have a positive test, or if you are still bleeding, it is very IMPORTANT that you keep this appointment. Your follow-up is at 11 AM. The follow-up appointment consists of having an ultrasound, a blood test and a urine test to determine that your pregnancy has been fully terminated, that your blood loss was within normal limits, and that you are free from infection.

If your pregnancy test is still positive, it is possible that you need to repeat a dose of Cytotec followed by another follow-up visit two weeks later. There is a chance the doctor will determine that you need a surgical procedure (D&C), therefore you should have someone with you for your follow-up appointment who can drive you home. There will be no additional charges to you. Sometimes nothing further need to be done. It just takes more time for the test to be negative.

Today, DAY 1, \_\_\_\_\_ you will have your medical history, lab work, and ultrasound done. You will also watch a video and have counseling. Then you will begin the process of a Medical Abortion when you are given the Mifeprex pill. We give you a small envelope with four Cytotec tablets to take home with you.

On DAY 2, or Day 3 \_\_\_\_\_ You will insert the four Cytotec tablets in your vagina. Alternatively, you may place them in your mouth between your gum and cheeks, which is called buccally. Allow them to dissolve for 45 minutes, then you may swallow them. Shortly thereafter you can expect to start cramping and bleeding. Take Ibuprofen, Tylenol or Naproxen thirty minutes before taking the Cytotec pills if you desire.

It is very important that you do not take the Mifeprex pill today if you are not absolutely sure you will follow through with the Cytotec pills. If you have any questions or concerns, please discuss these with the counselor during the counseling session. Make sure all your questions are answered before you leave the clinic. If you feel you are experiencing problems related to your procedure, please call EMW Women's Surgical Center 1-502-589-2124. Someone is available to assist you 24 hours a day.