

YOUR STEP-BY-STEP MEDICAL ABORTION GUIDE



This guide will walk you through the medical abortion process, what to expect, and how to care for yourself during this time. Please read it carefully and follow the instructions as closely as possible. Doing so will help ensure the treatment works effectively and that you feel as comfortable as possible.

Your body will be going through changes over the next few days, and it's completely normal to experience a range of emotions. Give yourself permission to rest, ask for support if you need it, and be kind to yourself.

We encourage you to prepare ahead of time—gather everything you need, set up a comfortable space, and make sure you have a way to reach out if you have questions or concerns.

MEDICATIONS

Mifepristone: Green Box (1 tablet)

Misoprostol: Orange Box (4 tablets)

Tylenol #3: Pain medication

-Second dose of **Misoprostol:**
Orange bottle (4 tablets)



To help manage pain during the process, we recommend having **Ibuprofen (600 mg)** or **Naproxen (500 mg)** ready. These can make a big difference in keeping you more comfortable.

If you're feeling nauseous, **Gravol (Dimenhydrinate)** can help ease the discomfort—taking it about 30 minutes before Misoprostol may prevent nausea from getting in the way.

DAY 1

Swallow **Mifepristone** (Green Box: Single Tablet) with some water. This stops the pregnancy from growing and it's **not reversible**.

What to expect:

- Most people do not feel immediate effects, but some may experience mild nausea.
- If you **vomit within 30 minutes**, contact the clinic to discuss taking another dose.
- If you vomit after 30 minutes, the medication has already been absorbed, and **you do not need to retake it**.
- You may or may not start light bleeding after taking this pill—either is normal.



NOW IS TIME TO WAIT AT LEAST 24 HOURS BEFORE TAKING THE SECOND MEDICATION



Preparing yourself for **Day 2:** Day 2 will be the day when your body releases the tissue. It's an important part of the process, and we encourage you to be kind to yourself, rest, and create a space where you feel safe and comfortable. Whether that means having a **heating pad**, **cozy blankets**, or a supportive person nearby, do whatever helps you feel at ease.

Before you begin, make sure you have plenty of **pads** ready, as well as **pain medication** (Ibuprofen 600 mg or Naproxen 500 mg) to help manage discomfort. Having **Gravol** on hand can also be helpful if you experience nausea.



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DAY 2

⚠️ **TIMING MATTERS** ⚠️: It's very important to take **Misoprostol** (the second medication) at least **24 hours after Mifepristone**—but **do not wait more than 48 hours**. Waiting too long may reduce the effectiveness of the treatment. Staying within this window gives your body the best chance to complete the process safely and successfully.

🔥 What to Expect After Taking Misoprostol:

- ✓ Cramping and heavy bleeding will usually start within **2 to 24 hours**.
- ✓ You will likely pass clots and tissue—this is expected and can be different depending on your gestational age.
- ✓ Pain levels can be intense (7-9/10), but the worst cramping usually eases after the tissue has passed.
- ✓ You may experience nausea, vomiting, diarrhea, fever, or chills—these should pass within a few hours.

💜 Listen to your body, take deep breaths, and know that you are cared for. If you need support, we are here for you. 💜

PAIN MANAGEMENT

It is recommended to take pain medication **30 minutes BEFORE** taking/using Misoprostol:

- Take 600 mg regular strength **Ibuprofen** every 6 hours **OR** 500 mg of **Naproxen** every 12 hours.
- Take **Tylenol #3**: 1-2 tablet every 4 hours.



Ibuprofen



Tylenol #3



Naproxen

HOW TO TAKE MISOPROSTOL

About 30 minutes after taking your pain medication, it's time to take Misoprostol. There are two ways to take it—choose the method that feels best for you. Listen to your body and do what feels most comfortable.

INSIDE CHEEKS (BUCCAL)

- ✓ Place **2 tablets on each side of your mouth (4 in total)** between the cheek and the lower gum.
- ✓ Let them **dissolve during 30 minutes** (without water)
- ✓ After 30 minutes swallow anything that is left with water.

⚠️ IMPORTANT ⚠️

✗ If you **vomit** right after taking the medications, take the **extra 4 misoprostol tablets**.

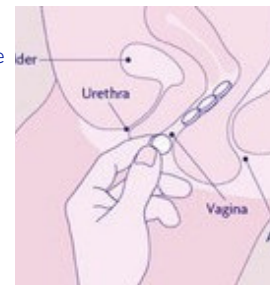
✓ If you **vomit after 20 minutes** of taking the medications, it will still be **effective**.



VAGINAL INSERTION

- ✓ Using a clean finger, place all 4 tablets (one at a time) as deep into your vagina as possible.
- ✓ Lay down for **30 minutes**

If you are nauseous this method is recommended to avoid vomiting the medication



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DAY 2

✓ First dose of Misoprostol (24 hours after Mifepristone):

Take 4 tablets of Misoprostol (Orange Box)

Wait 4 hours

✓ Second dose of Misoprostol (4 hours after the first dose of Misoprostol):

Take another 4 tablets of Misoprostol from the extra pill bottle using the same method.

✓ You should take this second dose, even if you experience heavy bleeding after the first dose. It will increase the chances of the medication working properly.

✓ If prescribed, take the antibiotic (Azithromycin) 4-6 hours after Misoprostol.



After the first couple of hours, both the pain and bleeding should start to ease significantly. Over the next few days, the bleeding should become lighter than a menstrual period.

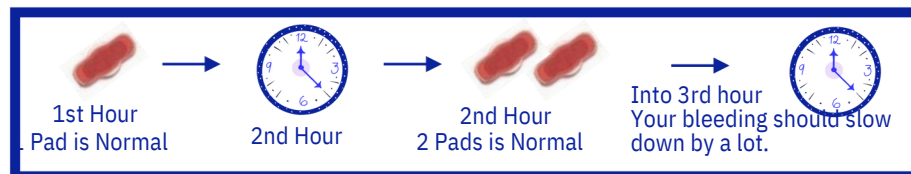
On average, bleeding lasts about 9 days, though some spotting may continue for several weeks—this is completely normal. 🌱

WHEN TO CALL THE CLINIC 🚨

🚨 When to Call the Clinic:

📞 Please reach out to us if you experience any of the following:

! **Excessive bleeding:** Soaking 2 pads per hour for more than 2 hours.



! **Severe pain that does not improve** with pain medication.

! **Fever over 38°C (100.4°F)** for more than 2 hours.

! Bad-smelling discharge or pus.

! No bleeding at all, even after the second dose of Misoprostol.

📞 **On-Call Number:** (780) 263-9390


● If you feel very unwell and need immediate care, go to the nearest **Emergency Room**.

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CHECK LIST STEP BY STEP

- Day 1:** Take Mifepristone (1 tablet with water)
- Wait **24 hours**
- Day 2:** Take **pain medication** (Tylenol #3 and Naproxen or Ibuprofen)
- Day 2:** Wait **30 minutes**
- Day 2:** Take **first dose of Misoprostol** (Buccal or Vaginal Insertion)
- Day 2:** Wait **4 hours**
- Day 2:** Take **second dose of Misoprostol** (Buccal or Vaginal Insertion)
- Follow Up Appointment between 7 or 10 days after taking the medication.
- Do my pregnancy test 4 weeks after I took the Misoprostol** (if you do it earlier is going to result in a false positive).





✳️If the doctor has requested blood tests  , it's very important to complete them on the days specified. This helps us ensure the medication worked properly and that you are safe and well. These tests give us the information we need to support you in the best way possible.

- First blood test completed.
- Second blood test completed.

IF YOU CHOOSE TO TAKE A **PREGNANCY TEST**, PLEASE **WAIT AT LEAST 4 WEEKS AFTER YOUR SECOND DOSE** . TESTING TOO SOON MAY SHOW A **FALSE POSITIVE** DUE TO LINGERING HORMONES IN YOUR BODY.

IF YOU FEEL LIKE IT, WE WOULD LOVE TO KNOW YOUR RESULTS SO WE CAN MAKE SURE EVERYTHING IS OKAY AND, IF NEEDED, SUPPORT YOU WITH THE NEXT STEPS IN YOUR REPRODUCTIVE HEALTH. 



 YOUR FERTILITY WILL RETURN **VERY QUICKLY** AFTER YOUR TREATMENT  —LET US KNOW IF YOU WE CAN ASSIST YOU WITH CONTRACEPTION AFTER THIS PROCESS. YOUR PERIOD WOULD BE BACK BETWEEN 4 TO 8 WEEKS AFTER YOUR TREATMENT. THANK YOU FOR ALLOWING US TO BE A PART OF YOUR CARE, AND REMEMBER—WE ARE HERE TO SUPPORT YOU EVERY STEP OF THE WAY.