





DIARY:

This diary is designed for you to document your experiences and feelings throughout this important process. By recording your journey, you play an essential role in your own health and well-being. We kindly invite you to **fill out this diary and bring it to your Follow-Up Appointment**. It's crucial for us to **ensure that the medications have worked effectively**, and your notes will provide valuable insights to help us support you during this time.

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date														
Appointments / Test														
MEDICATIONS: Misoprostol (M) Gravol (G) Ibuprofen (I) Naproxen (N) Tylenol 3 (T) 	First pill: MIFEPRISTONE (Swallow)													
PAIN LEVEL (0-10)														
BLEEDING 🩸: Spotting (S) Normal (N) Heavy (H)														
SYMPTOMS: Nausea (N) Vomiting (V) Diarrhea (D) Fever (F) Chills (C) Headache (H) Tiredness (T) 														



MEDICATIONS

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.