

## **Kensington Clinic**

2431 5<sup>th</sup> Avenue NW, Calgary, AB

Phone: 403-283-9117/Emergency Phone: 403-560-3702

[www.kensingtonclinic.com](http://www.kensingtonclinic.com)

### **PATIENT INFORMATION FOR MEDICAL ABORTION**

The package of **Mifegymiso** you will receive contains:

1 Green package containing 1 Mifepristone tablet and 1 Orange package containing 4 Misoprostol tablets

#### **Day 1 – Mifepristone (Green package)      Date administered: \_\_\_\_\_**

You will swallow one tablet of Mifepristone at the clinic. Most women feel no different after take this medication. Mifepristone will destabilize the lining of your uterus and thereby end the pregnancy. *Once you take this medication these effects are not reversible.* You will be given the misoprostol tablets to take home with you, as well as other medications to help you with possible side effects. Some women may start bleeding after taking the mifepristone and before taking the second medication, the misoprostol (Orange package).

#### **Day 2-3 – Misoprostol (Orange package)**

You have two choices on how to take the tablets in the Orange package:

- (1) Using your finger, insert all four tablets deep into the vagina. *The tablets must stay in for 30 minutes.* After 30 minutes the active ingredient has been absorbed so do not be alarmed if they fall out.

**OR**

- (2) Place two tablets on each side of your mouth between the cheek and the lower gum. Let them dissolve for 30 minutes. After 30 minutes you may swallow or rinse out any residue.

Both of these routes are equally effective in inducing an abortion. Some women, however, may experience more gastrointestinal side effects, such as nausea, vomiting, diarrhea, when the pills are used in the mouth. Within a few hours of taking the misoprostol, most women will start bleeding and feeling cramping pain. Expect this to be heavier bleeding and more painful cramping than your regular period. This heavy bleeding and cramping may continue for several hours. You should use maxi-pads (not tampons or mini-pads), so that you can accurately assess the amount of bleeding. Light bleeding lasts on average 10 to 16 days but may continue until your next period which should come within 4-6 weeks of the abortion. It can be normal for bleeding to stop and start. Between 4-6 days after the misoprostol, you may have more cramps and pass bigger clots. All of this is normal. To help with the cramping and other symptoms you can use a hot water bottle or heating pad, do some uterine massage and take the medications that the clinic has given you (Ibuprofen, Tylenol#3, Gravol). **Warning:** Tylenol#3 and Gravol may cause drowsiness and impair judgement. It is important to understand that fertility resumes immediately and you need to consider your contraceptive options.

#### **DAY 7-14: Follow-up appointment at Kensington Clinic for ultrasound OR Visit to Lab for blood test**

If the follow-up ultrasound or lab test indicates that there is still tissue in the uterus, you may need to take more misoprostol and return for a third appointment.

If you have questions or concerns, call Kensington Clinic at **403-283-9117** between the hours of 8:00 am and 5:00 pm Monday to Friday. The medical emergency phone **403-560-3702** should be called outside of clinic hours only if you are experiencing:

- (1) Temperature greater than 38 C for more than 6 hours
- (2) Soaking more than 3 maxi-pads per hour for more than 2 hours
- (3) Severe abdominal pain that is different from cramping and is not eased by the medications you have been given to take.

**Bleeding and cramping do not mean the pregnancy has ended. It is important you return for your follow-up appointment or go to the lab for your blood test to confirm the medical abortion has been successful and that you are no longer pregnant. If it is not successful, you must have a surgical termination as the medications you received are known to cause fetal damage. If you receive any hospital care as a result of this procedure within the next 10 days, please notify Kensington Clinic.**

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

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#### **DAY 7-14: Follow-up**

Return to Kensington Clinic on \_\_\_\_\_ at \_\_\_\_\_.  
for ultrasound                      Date                      Time

**OR**

Visit to Lab for blood test

Your lab appointment is booked for \_\_\_\_\_ at \_\_\_\_\_.  
Date and Time                      Name of Lab

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