

## Tips on Caring for Yourself During and After a Medication Abortion

**In 24 – 48 hours you can take misoprostol:** any time between \_\_\_\_\_ am/pm on \_\_\_\_\_ and \_\_\_\_\_ am/pm on \_\_\_\_\_

**Be comfortable.** When you take misoprostol, choose a time when you have had a light meal and plenty of rest. Be in a comfortable place – do not take misoprostol at work or at school. You must take the misoprostol even if you have started to bleed after taking mifepristone.

**Be prepared.** Before taking the 4 misoprostol pills at home make sure you have maxi pads and pain medication (Motrin, Advil/ibuprofen, or Tylenol/acetaminophen, not Aspirin).

**Take pain medication 1 hour before taking misoprostol.** Take 800mg of Motrin or Advil/ibuprofen (4 tablets of 200mg each) or 1,000mg of Tylenol/acetaminophen (2 tablets of 500mg each). You can take Motrin or Advil up to every 8 hours or Tylenol every 4 – 6 hours. You can also use a heating pad to relieve pain. Do not take Aspirin.

**If you are taking misoprostol vaginally instead of by mouth:** Thoroughly wash and dry your hands. One at a time, place each of the four pills of misoprostol as far into the vagina as you can comfortably place them. Limit activity for the next 30 minutes to avoid the pills coming out. If after 30 minutes one of the pills falls out during bathroom use or otherwise, there is no reason to be concerned. After 30 minutes there is no reason to remove the pills; they will be absorbed or come out on their own.

**Cramping and bleeding** is normal and some clots of blood might be the size of an orange. You may bleed for up to 2 weeks after the abortion.

**Drink lots of fluids and avoid rich, fried, or spicy foods.** Drink plenty of fluids, particularly water. Avoid caffeinated beverages (tea/coffee/soda) and sugary beverages (juice/soda).

**Emotions.** Most women feel relieved when the abortion is over. Some women also feel sad, feel like crying, or are moody. These feelings are partly from the changes in hormones now that you are no longer pregnant. Feeling emotional at this time is normal. If you think your emotions are not what they should be, please talk to us as we can provide helpful resources.

**Pregnancy Symptoms:** Nausea and breast tenderness should go away in 1 – 14 days. Do not take a home pregnancy test – it could be positive even though you are no longer pregnant for 6 – 8 weeks until the pregnancy hormones are completely out of your system. The only way to ensure the completion of the procedure is to return for your follow up visit.

**Breastfeeding:** Wait for 5 hours after you took Mifeprex in the office and wait another 5 hours after taking misoprostol at home before breastfeeding. It is safe to breastfeed after having a medication abortion.

**Sex and bathing.** Once heavy bleeding has stopped you may have sexual intercourse when you are ready. It is okay to swim, shower, or take a bath any time after the abortion.

**Birth control.** You can get pregnant any time after an abortion, even before you get your next period, so using birth control is important if you want to prevent pregnancy. Start your birth control as discussed during your first abortion visit, and it will be discussed again at your follow up visit.

**Getting your period.** You can expect a period in 4 – 8 weeks. It is not the same for all women. Please contact us if your period does not return in 4 – 8 weeks.