

Information about your medical (tablet) treatment

In your pack you should have:

- Mifepristone tablet (200mg) x 1
- Misoprostol tablets (200mcg) x 4 in a box
- Misoprostol tablets (200mcg) x 2 in a box
- Codeine Phosphate (30mgs) x 14 in a box
- Pregnancy test x 1
- KY jelly sachet x 1
- Progesterone only contraception pill x 3 months (if requested)

Make sure you are 100% sure of your decision for this treatment before swallowing the first tablet. If you have changed your mind and don't want to have this treatment any more, please return the medicines to a pharmacy when you are able.

If you have questions or forgot to tell us about any medical problems, you must call and discuss with us before starting treatment.

STAGE 1:
SWALLOW THE MIFEPRISTONE TABLET WITH SOME WATER. TIME TAKEN:

YOUR MISOPROSTOL IS NOW DUE IN 24-48 HOURS. TIME DUE:

You may want to set your phone alarm as a reminder.

If you vomit within 1 hour, call your treatment centre and ask whether you need to attend for a second mifepristone tablet.

It is possible for the bleeding and cramp to start any time now, although many women will not get anything until after the vaginal medicines.

Continue your normal activities/eat and drink as normal.

Misoprostol (Cytotec) pack – 200mcg tablets. These tablets contain misoprostol, microcrystalline cellulose, sodium starch glycolate, hydrogenated castor oil and hypromellose

- Keep these safe at home, and out of reach of children
- Do not use past the expiry date
- Do not store above 30 degrees
- Store in the original package
- They are prescribed for you only. It is illegal to sell or give them to anyone else
- Choose a time when you can have privacy and rest after taking the medicine
- Plan on having someone on hand to support you, or to help should you have problems
- Don't drive after taking the medicines, as you may feel dizzy
- Don't use over the counter magnesium medicines as it can increase the risk of diarrhoea

STAGE 2:
USE THE 4 MISOPROSTOL TABLETS IN A BOX 24-48 HOURS AFTER STAGE 1. THIS SHOULD BE DONE AT YOUR NORMAL HOME ADDRESS.

Your treatment may not work if you take them out with this time. Call your treatment centre if you forget to take them, or you have any questions.

You can use the tablets two ways. The first one has fewer side-effects, and is the one that we would recommend you to use:

1. Push all 4 tablets high up into your vagina – you can do this one at a time. Use a little of the KY gel if you need. There is no specific place that you need to position the tablets. They will then dissolve naturally. Occasionally, they can fall back out, but you can re-insert them. Occasionally they come out with the bleeding.
2. Put 2 in each side of your mouth, between your cheek and gum, and leave **for at least 30 minutes to dissolve**. After 30 minutes you can drink water to wash down what is left. The tablets can taste chalky and there is a higher risk of nausea, vomiting or diarrhoea with this method.

Start taking your paracetamol now and be ready to go onto ibuprofen and codeine as you need.

You may get some side-effects such as diarrhoea or chills, no matter which way you take the misoprostol.

STAGE 3:
CRAMP AND BLEEDING

About 1-4 hours later, you will start to cramp, bleed and pass clots/tissue.

You may pass clots the size of a lemon

Your cramps may be bad. To help, you can use a hot water bottle, take regular pain relief, have someone rub your back or sit on the toilet for short periods.

The bleeding is heaviest when the pregnancy comes out, then it should slow down.

The pregnancy is small and you will probably just see blood and clots, however there is a chance that you will see the pregnancy pass.

It can take up to 2 weeks for the process to complete itself, so you may continue to bleed during this time. Sometimes the bleeding stops and then restarts.

Don't use tampons until your next period.

Avoid intercourse until your bleeding stops

**STAGE 4:
SPEAK WITH THE NURSE AT YOUR TREATMENT CENTRE THE DAY AFTER MISOPROSTOL –
STAGE 2**

If you have bled as expected, you will be asked to repeat a pregnancy test in 2 weeks. This is due on:

If you have not bled as expected, you will be asked to take the second box of misoprostol x 2 tablets.
Put 1 in each side of your mouth, between your cheek and gum, and leave **for at least 30 minutes to dissolve**.
After 30 minutes you can drink water to wash down what is left. The tablets can taste chalky.
You will now repeat a pregnancy test in 2 weeks. This is due on:

**STAGE 5:
REPEAT YOUR
PREGNANCY TEST AND
SPEAK WITH THE NURSE
AT YOUR TREATMENT
CENTRE**

As soon as you are able, see your GP or contraception service to discuss more efficient contraception such as implant, copper or mirena coil.

PLEASE CALL US IF YOU:

- Have less bleeding than a normal period or have less than 4 days of bleeding
- Still have pregnancy symptoms at the end of one week
- Don't get your next period 4-6 weeks after treatment (some contraception may delay or stop your period)
- Are concerned that the pregnancy has not passed with the treatment

PLEASE SEEK URGENT ATTENTION IF YOU:

- Soak 2 big sanitary pads an hour, for 2 hours
- Have pain that is not getting better with regular pain relief
- Feel your bleeding is very smelly
- Have itchiness, swelling of hand, neck or face, or problems breathing following any of the medications
- Have a temperature/fever of 38 degrees or higher; diarrhoea, vomiting or weakness more than 24 hours after stage 2 medicines

Contact Details:

The Early Pregnancy Unit (EPU), Treatment Centre,
Hinchingbrooke Hospital,
Huntingdon, PE29 6NT

Opening days may vary

The Emergency Gynaecology Assessment Unit (EGAU), Women's Health
Outpatients, Bretton Gate,
Peterborough (City Hospital),
PE3 9GZ

Open: Weekdays 0800-1800

Weekend and bank holidays 0800-1200

Central triage line for EPU and EGAU: 01733 673758 (voicemail will cut in when the line is engaged – please leave a message for a call back.
www.womenshealthpeterborough.co.uk

For emergencies only, out of these hours, please attend the Emergency Department

Home Medical Treatment Patient Information Leaflet

Risks of the treatment:

- Heavy bleeding needing a blood transfusion <2%
- If treatment isn't complete or fails, needing surgery <5% (up to 13% in later gestations)
- Infection <5%
- A tear in the womb (uterine rupture) <1%
- If you have had **more than one previous caesarean section**, this will increase the risk of all complications
- Women have a higher risk of blood clots in their legs or lungs in pregnancy, and in the six weeks after this procedure. If you have had a blood clot before, blood clotting disorders in your family, smoke or have a high body mass index, you may be at higher risk and need to start injections into your abdomen (tummy). Seek urgent help if you have painful/swollen calf pain or chest pain/difficulty breathing.

Aftercare

- Take it easy for the next day or so, and take pain killers 4-6 hourly as needed, as you would with a period like pain
- Bath and shower as normal. Use sanitary pads but not tampons until your next period. We recommend you don't go swimming until the bleeding settles.
- You can go back to work quickly after treatment, when you feel able. Some women like to take a few days to recover. It will depend on how you feel, what kind of job you have and when you feel ready.
- Your next period should come around 4-6 weeks' time, unless you started a hormonal contraception. You will not need a check-up unless you have concerns
- If you are trying for another pregnancy, we suggest you re-start your folic acid, but wait until you've had one period before trying to conceive again.

How might I feel emotionally afterwards?

Everyone will have an individual experience when it comes to emotions after a treatment, for some women these can be strong, for others it may be less so. Whatever emotions you feel, be reassured that these are completely normal, and there will be other women who have been in your position, feeling exactly the same as you. If you have someone you can talk to about your experience and your feelings, this often helps. We suggest that you take a few weeks after treatment to allow your feelings to settle. If you find though that things are still not getting easier after this time, please contact us to arrange counselling.

