A photograph of a woman with long brown hair, wearing a black jacket and carrying a backpack, walking on a sidewalk. She is looking down at a smartphone. In the background is a red brick wall with a large, dark wooden door featuring a grid pattern and black metal hinges. A large, semi-transparent purple circle is overlaid on the right side of the image, containing the text 'Medical abortion' and 'Return home'.

Medical abortion

Return home



CENTRE DE SANTÉ
DES FEMMES
DE MONTRÉAL

IMPORTANT INFORMATION

PLEASE READ FOR YOUR RETURN HOME

In the days that follow the abortion...



Eat whatever you like.



You can return to your daily routine 24 to 48 hours after taking the misoprostol.



Until you notice a decrease in the amount of bleeding, avoid intense physical activities.



Avoid drugs and alcohol in the 48 hours after taking the misoprostol.



Rest if you feel that you need to.

Mifegymiso

Mifépristone et misoprostol
pour l'interruption de grossesse

Mifegymiso

Take the medication
at the specified
dates
and times

Before leaving the Centre, you settled on dates and times for taking the mifepristone and misoprostol. It is of the utmost importance that you respect them!

If you have forgotten to take either one of the medications on the agreed date, please call us in order to ensure that you can still continue the procedure.



514 270 6110 # 1

MIFEPRISTONE

Take the mifepristone

Date: _____

Time: _____

- You will find a tablet of mifepristone in the box. This tablet must be swallowed. You may take it with food, but it's not necessary to do so.
- Since there are few side effects to this medication, you can maintain your daily routine after taking it.

MISOPROSTOL

Take the misoprostol

Date: _____

Time: _____

- You should plan to stay home on the day you are going to take the misoprostol and, ideally, on the following day as well.
- The severe cramps and heavy bleeding will occur in the hours following the intake of misoprostol. In order to

have some support at that time, we strongly recommend that you be accompanied.

- In the first 12 hours after taking the medication it is unlikely that you will be able to care for young children. If you have any, it would be safer if someone were with you to help.
- You can eat normally before taking the misoprostol tablets.
- There are 4 tablets and they need to be taken all at once.
- All 4 tablets must be placed at the same time between your cheeks and your gums. Leave them there to dissolve for 30 minutes. You cannot drink during this time.
- After 30 minutes, you can drink to swallow any medication that hasn't been dissolved.



WHAT TO EXPECT

There are many side effects related to misoprostol that generally last no longer than 24 hours. We have given you a prescription to help you withstand the side effects.

If you experience fever, chills, headaches, or pain, you need to take Ibuprofen AND acetaminophen, respecting the dosage and frequency of the prescription.

We recommend that you take these painkillers as soon as the symptoms appear. A hot water bottle that can be purchased at any drugstore can also help to relieve cramping.

If your pain isn't relieved within 30 minutes after taking ibuprofen and acetaminophen, you may take Dilaudid* as prescribed. Start with 1 tablet of 1 mg. If your pain still isn't relieved 30 minutes later, take a second tablet of Dilaudid (maximum 2 tablets every 4 hours). Do not take drugs or alcohol in the 24 hours after taking Dilaudid.

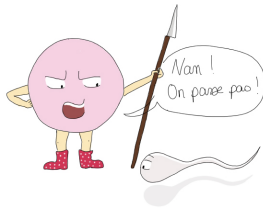
You can take Gravol* (available over-the-counter in drugstores) to help relieve symptoms of nausea and vomiting.

*Take note that both Dilaudid and Gravol cause drowsiness. Please refer to the pharmacist's information pamphlet for other side effects.



BLEEDING

Bleeding should start 4 to 48 hours after taking the misoprostol, generally starting in the first 12 hours. It's normal to have blood clots and heavy bleeding. Once the expulsion of the pregnancy is complete, bleeding should decrease. You might experience heavy bleeding (more than your menstrual period) for 10 to 16 days and light bleeding for up to 30 days. Your period should return 4 to 8 weeks after taking the misoprostol.



CONTRACEPTION

You could ovulate as soon as 8 days after taking the medication. It is therefore possible to get pregnant again if you have unprotected sex.

If you have chosen to start contraception, please start in this manner to maximise its efficacy:

Chosen method: _____

Date: _____

If you wish to have an IUD, it can be inserted on your follow-up appointment. Please inform us beforehand so that we can plan the necessary time to do so.



PREGNANCY SYMPTOMS

The pregnancy symptoms should gradually disappear within a few days to 2 weeks. This varies from one woman to another. Nausea and vomiting are often the first symptoms to disappear, generally between 24 to 48 hours after the expulsion.



UNTIL THE BLEEDING HAS DECREASED (about 7 days)

- No tampons, use only sanitary pads.
- No sex with penetration.

FOLLOW-UP APPOINTMENT



It is mandatory for you to come to the follow-up appointment in order to confirm that you are no longer pregnant and that there are no complications.

We have given you the date and time of this appointment, and we ask that you honour them.

If within 48 hours after taking the misoprostol you still haven't had any bleeding, contact us, and we will move up your appointment.

ONE MONTH LATER

We recommend that you have a urine pregnancy test (available at \$ 1 stores or pharmacies) four weeks after taking the medications to make sure that all pregnancy hormones are gone.

IF YOU EXPERIENCE THE FOLLOWING SYMPTOMS

CONTACT US
IMMEDIATELY OR CALL
811 OUTSIDE OUR
BUSINESS HOURS

WE ARE OPEN
MONDAY TO FRIDAY
FROM 8 :30 A.M. TO 4 :30 P.M.
(CLOSED BETWEEN NOON AND 1 :00 P.M.)

514 270-6110 #1



Very heavy bleeding:
2 sanitary pad per hours during 2 hours or
blood clots the size of your fist



Cramps that can't be relieved with painkillers



Fever (38.0 C or 100. 4 F and above), chills or
discomfort lasting more than 6 hours



Any abnormal vaginal discharge



If a urine pregnancy test is positive 4 weeks
after the abortion



Medical abortion is a safe and legal method that has been used in many countries for over 30 years and associated complications are rare.

We know that an abortion is a unique experience and can be an important moment in your life.

If you feel the need to talk about it, don't hesitate to do so with your loved ones or contact us, and we will refer you to professional resources.

Centre de santé des femmes de Montréal

3401, avenue de Lorimier
Montréal, Québec
H2K 3X5

Monday to Friday
8 :30 a.m. to 4 :30 p.m.
(closed between noon and 1 :00 p.m.)

514 270 6110 #1

You may leave a message
at all times.

Our services are available
in French and English.

www.csfmontreal.qc.ca

info@csfmontreal.qc.ca



CSFMontreal



[centre.sante.femmes.montreal](https://www.instagram.com/centre.sante.femmes.montreal)

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