



**MEDICAL  
ABORTION**

**Return home**



**CENTRE DE SANTÉ  
DES FEMMES**

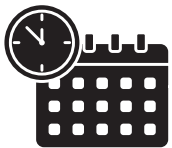
DE MONTRÉAL

# IMPORTANT INFORMATION PLEASE READ REGARDING YOUR RETURN HOME

In the days following the procedure...



Eat however you would normally eat, according to your tastes.



You can return to your daily routine the following day.



Avoid intense physical activities for the following 3 to 4 days.



Avoid drugs and alcohol during the 48 hours after the procedure.



Rest if you feel that you need to.



## TAKE THE MISOPROSTOL AT THE SPECIFIED DATE AND TIME

Medical abortion is done by taking two medications. :

1. The first medication you take, mifepristone, stops the pregnancy.
2. The second medication, misoprostol, is taken at home, 24 to 48 hours later maximum. It will cause contractions and expel the pregnancy.

Before leaving the CSFM, you determined the date and time for taking the pills. It is of the utmost importance that you respect them!

If you have forgotten to take any of the pills on the agreed date and time, please call us in order to ensure that you can still continue the procedure.



514 270 6110 #1

## MIFEPRISTONE

Prise du médicament

Date :

Heure :

You took the mifepristone at the CSFM by swallowing it.

Since there are few side effects to this medication, you can maintain your daily routine after taking it.

## MISOPROSTOL

Prise du médicament

Date :

Heure :

- 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 tolerate 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 Graval\* (available over-the-counter in drugstores) to help relieve symptoms of nausea and vomiting.

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



## Bleeding

Bleeding should start 30 minutes 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:

Nom de la méthode :  
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

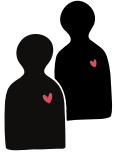
The pregnancy symptoms should gradually disappear within a few days to 2 weeks. This varies from one woman to another. Nausea and vomiting are often the first symptoms to disappear, generally between 24 to 48 hours after the expulsion.



## Until the bleeding has decreased (± 7 days)



No tampons or cup, use only sanitary pads.



No sex with penetration.



### Follow-up appointment

It is mandatory for you to do to the phone follow-up appointment with the nurse 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.

### A month later

It's recommended to do a urine pregnancy test (available in dollar stores or pharmacies) four weeks after taking the medication, to make sure that all pregnancy hormones are gone. If the pregnancy test is positive, it is important to contact us.

## Take care of yourself

Medical abortion is a safe and legal method that has been used in many countries for over 30 years. 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 to contact the following partner organizations:

SOS Grossesse (Québec) 418 682 6222 [sosgrossesse.ca/fr](https://sosgrossesse.ca/fr)

Grossesse Secours (Montréal) 514 271 0554 [grossesse-secours.org](https://grossesse-secours.org)

Take part in our discussion groups: “ [Après l'avortement](#)”

The CSFM offers a space for women and people who have had an abortion, either recently or in the past, either at the clinic or elsewhere, to share and provide support to each other in an intimate group.

The support groups are primarily held in french, however the possibility exists to have support groups in english.

Registration: [apreslavortement@csfmontreal.qc.ca](mailto:apreslavortement@csfmontreal.qc.ca) or 514-270-6110

# IF YOU EXPERIENCE THE FOLLOWING SYMPTOMS

CONTACT US  
IMMEDIATELY OR CALL  
811 OUTSIDE OUR  
BUSINESS HOURS

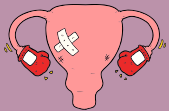
WE ARE OPEN  
MONDAY TO FRIDAY  
FROM 8 :30 A.M. TO 4 :30 P.M.  
(CLOSED BETWEEN NOON AND 1 :00 P.M.)

**514 270-6110 #1**

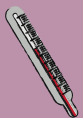


Very heavy bleeding:

2 sanitary pads per hour during 2 consecutive 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



Heavy and prolonged bleeding that last for more than  
16 days



CENTRE DE SANTÉ  
DES FEMMES

DE MONTRÉAL

**3401 avenue de Lorimier,  
h2K 3X5, Montréal, Québec**

Monday to Friday  
8:30AM to 4:15PM  
(Closed between 12:00AM and 1:00AM)

**514 270 6110 #1**

It is possible to leave a  
message at any time

Services are offered  
in French and English

**[www.csfmontreal.qc.ca](http://www.csfmontreal.qc.ca)**



CSFMontreal



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