



RETURNING HOME INSTRUCTIONS

Mifegymiso



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.



Take part in physical activity as tolerated.



Rest if you feel that you need to.

Two medications are to be taken:

1. The first drug, mifepristone, initiates detachment of the gestational sac from the uterine walls.
2. The second drug, misoprostol, triggers the miscarriage. It is taken at home, 24 to 48 hours later at the latest.

You have agreed on the date and time to take both drugs before you leave the CSFM. It is essential to respect the interval between taking the two drugs.



514 270 6110 #1

MIFEPRISTONE

Mifépristone

Date:

Time:

- You take the mifepristone by swallowing it.
- Since there are few side effects to this medication, you can maintain your daily routine after taking it. However, some bleeding is possible.

MISOPROSTOL

Misoprostol

Date:

Time:

- You should plan to stay home on the day you are going to take the misoprostol.
- 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 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 and after taking the misoprostol.

- 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 or eat during this time.
- After 30 minutes, you can drink to swallow any medication that hasn't been dissolved.
- You can also choose to insert the 4 tablets inside your vagina. Avoid going to the bathroom for the next 30 minutes.

What to expect ?

Misoprostol side effects usually last no more than 24 hours (abdominal cramps, nausea, vomiting, diarrhea). The recommended medication will help you tolerate these side effects.

Managing pain:

If you experience fever, chills, headaches, or pain, 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 or when taking misoprostol. A hot water bottle that can be purchased at any drugstore can also help to relieve cramping.





Managing pain (cont'd):

If your pain is not relieved 30 minutes after taking ibuprofen and acetaminophen, you can take Hydromorphone* as prescribed. Start with 1 to 2 tablets of 1mg. Do not take alcohol or drugs within 24 hours of taking Hydromorphone.

Managing nausea and vomiting:

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

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

Bleeding

Bleeding will begin on average 30 minutes to 6 hours after taking misoprostol. Clots and heavy bleeding are normal. Bleeding heavier than a menstrual period is possible for 10 to 16 days, and light bleeding for up to 30 days.





Fertility and your next period:

It is possible to ovulate and become pregnant as early as the 8th day after taking the medication, if you have unprotected sex.

Menstruation generally returns 4 to 8 weeks later. The next three menstrual cycles may be disorganized and irregular.

If you have questions regarding methods of contraception, please contact us to speak with a nurse.



Pregnancy symptoms

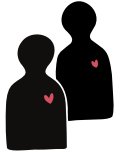
Pregnancy symptoms will decrease gradually, from a few days to 2 weeks. It varies from woman to woman. If these symptoms persist for more than 14 days, contact us.

- Vomiting: nausea should disappear fairly quickly, within 24 to 48 hours after the procedure. If this symptom persists for more than 5-7 days, contact us.

For the next 7 days



No tampons or cup, use only sanitary pads.



No sex with penetration.



Follow-up appointment

A telephone follow up with a nurse has been scheduled approximately 14 days later to ensure that there are no complications.

A nurse will call you on _____

If you haven't had any bleeding the day after taking misoprostol, contact us.

A month later

It is important to repeat a urine pregnancy test 4 weeks following your appointment (available in dollar stores or pharmacies) 4 weeks after taking the medication, to make sure that all pregnancy hormones have been eliminated. If the pregnancy test is positive, it is important to contact us.

Take care of yourself

Mifegymiso and Misoprostol is a safe, legal method that has been used in many countries for 30 years. Complications are rare.

We recognize that you may be going through a difficult period. If you feel the need, do not hesitate to contact the following resources specializing in perinatal grief:

If you feel the need to talk about it, you can contact the following partner organizations:

SOS Grossesse (Québec) 418 682-6222 sosgrossesse.ca/fr

Alternative naissance alternative-naissance.ca

Parents orphelins : parentsorphelins.org/

Info Ste Justine : chusj.org/fr/soins-services/C/complications-de-grossesse/Deuil-perinatal-mort-perinatale

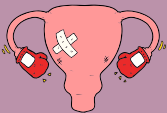
IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS:

GO TO THE NEAREST EMERGENCY ROOM IF:



Heavy vaginal bleeding: 2 menstrual pads per hour for 2 hours or clots the size of a fist.

CONTACT US IMMEDIATELY OR CALL 811 OUTSIDE OF OUR BUSINESS HOURS IF:



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 your urine pregnancy test remains positive 4 weeks after your intervention



If you have not started bleeding in the first 6 hours after taking the misoprostol, call us the next day

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



CENTRE DE SANTÉ
DES FEMMES

DE MONTRÉAL

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

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



CSFMontreal



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