

# Medical Termination

## Discharge Instructions

### Bleeding

Vaginal bleeding will usually occur within four hours of taking misoprostol. At the start, it may be heavier than a normal period, sometimes with clots. You may notice that you pass a small amount of white tissue or solid clot, which may be the pregnancy tissue. After the first few days, the bleeding may decrease to no more than spotting. The bleeding may continue for a few weeks. Be sure to start the birth control you have chosen, as advised by the doctor, even if you are still bleeding.

Avoid vaginal intercourse until the bleeding has stopped and until it has been determined that the abortion is complete. To avoid infection you should not put anything into your vagina, including tampons, until the bleeding has stopped.

### Cramping

Lower abdominal cramping is also normal. Severe cramps usually mean that some pregnancy tissue is passing out of the uterus. This can start before the bleeding starts. After the pregnancy tissue passes, cramping is usually mild and stops within 2 to 7 days. To relieve this discomfort your doctor may suggest you take acetaminophen, ibuprofen or naproxen (**do not** take acetylsalicylic acid (ASA) such as Aspirin®). You may use a hot water bottle or heating pad to ease discomfort.

Other side effects include nausea, vomiting, diarrhea or low-grade fever.

### Directions

Take the misoprostol tablets when and how the nurse or doctor tells you.

A nurse will call you in the morning, the day after (or as decided) you take the misoprostol tablets.

**You must take the requisition(s) given to you and go for laboratory work on the date you were told, and then as advised by the Women's Health Centre nurse.**

CEAC 0680  
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**Contact the  
Women's Health  
Centre  
(306) 766-0586 or  
your doctor if you  
have:**

- excessive bleeding (soaking 2 [or more] pads for 2 hours in a row)
- severe continued abdominal pain
- fever (38°C or 100.4°F), chills or malaise for more than 6 hours
- Feeling sick (including weakness, nausea, vomiting, diarrhea, cramps, fatigue, chills) with or without fever more than 24 hours after taking misoprostol

