

# Instructions for Outpatient Termination of Pregnancy

You have been given mifepristone in clinic today, for the termination of your pregnancy, which is the first part of the medical treatment. After taking this medication we do not expect you to have any side effects and you can continue your normal activities as planned.

Whilst in clinic you will also have been given misoprostol tablets to use at home to complete the termination which should lead to bleeding and passing the pregnancy.

## Step 1:

You should take the misoprostol tablets between ..... and .....  
on .....

- There are four tablets to take orally as part of step one.
- Put two of the misoprostol tablets under your tongue and let them dissolve.
- Once the first two tablets have dissolved put the remaining two tablets under your tongue and let them dissolve.

## What will happen after I have taken the misoprostol tablets.

- You may experience sickness, diarrhoea, a fever and shivering as a result of this medication.
- You will start to cramp and bleed approximately 1 to 4 hours after taking the misoprostol tablets. Most patients will have heavy bleeding and pass the pregnancy within 24 – 48 hours. You should have someone with you to assist you if your symptoms are severe. Some women may have lighter bleeding for several days, then pass clots and the pregnancy. Do not use tampons
- You may eat and drink as normal after you have taken the misoprostol tablets
- It is normal for a termination to cause pain. To help with the pain take the pain killers you have been provided with. You can also take ibuprofen, which you can buy over the counter.

## What about sex?

- We advise you to avoid sexual intercourse until you have stopped bleeding.
- Please be aware that you are at risk of becoming pregnant again following the termination so it is vital that you start to use some form of contraception as soon as you become sexually active.

### When to ring us:

If you do not have any vaginal bleeding at all following the misoprostol tablets by

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Then please contact us on 01274 383341 (Monday to Friday 08:00 –15:00). If your call goes through to the answerphone please leave a message and we will return your call as soon as possible.

## What to do if the bleeding is very heavy?

- If your bleeding is very heavy (changing more than 1 pad/hour) or you require any advice please phone the Women's Health Unit on 01274 383341 Monday to Friday 08:00 –15:00 or alternatively call ward 12 for urgent advice on 01274 364380 (24 hour contact).
- It is important to do a pregnancy test to ensure that the termination process is complete
- Please do a follow up pregnancy test on .....
- It normally takes three weeks for your pregnancy test to go to negative.

## What should you do if the pregnancy test is still positive?

If the test is positive this **does not** mean that you are still pregnant. Please call the Women's Health Unit on 01274 383341 for further advice. If your call goes through to the answerphone please leave a message and we will return your call as soon as possible.

## For support and advice post your termination of pregnancy

Following an abortion women may need further advice and emotional support. You can access the abortion recovery care and helpline (ARCH) on 03456038501 or access [Info@Archtrust.org.uk](mailto:Info@Archtrust.org.uk) or [www.archtrust.org.uk](http://www.archtrust.org.uk)

You can contact us using the Relay UK app. Textphone users will need to dial 18001 ahead of the number to be contacted.

## Contact details:

Women's Health Unit - 18001 01274 383341 (Monday to Friday 08:00 –15:00)

Ward 12 - 18001 01274 364380 (24 hour contact).

If you need this information in another format or language, please ask a member of staff.