

Go to the Emergency Department if:

- you have bleeding that cannot be controlled
- the bleeding is heavy enough to soak 4 large sanitary pads within 4 hours
- the prescription medication ordered by your doctor does not control your pain
- your temperature is over 38.5°C taken 2 hours apart
- you faint
- you are concerned about the effects you are feeling

What happens after?

You will have a follow-up appointment with your doctor. You may have an ultrasound scan. Some women need to have a D&C or A&C.

For questions or concerns . . .

If you have any questions or concerns about taking Misoprostol, please ask your doctor, nurse or pharmacist.

What are the benefits and risks of taking this medication?

This medication has not been approved for this purpose by Health and Welfare Canada.

There is a wide body of research that confirms that this treatment is a reasonable, safe and good way to clear the uterus.

Many doctors have used this method for many years.

75% of women who take Misoprostol get rid of the tissue do not need a D&C or A&C.

If your blood type is Rh negative you will need to get Rh immune globulin as part of your care.

Do not use this medication if:

- you have a fever
- you do not have access to an Emergency Department
- you have an IUD
- you have low iron called anemia
- you are allergic to Misoprostol

Taking Misoprostol for treatment of a pregnancy loss

When you have a pregnancy loss . . .

Your doctor has done tests to confirm that your pregnancy will not carry. The pregnancy tissue was growing in an organ called the uterus. For your safety, it is important that the tissue comes out of your body so you can heal and try for another baby if you want to.

How can the tissue come out?

There are 2 ways to help the tissue out:

- an operation called a Dilatation and Curettage (D&C) or Aspiration and Curettage (A&C).
- a medication called Misoprostol

What is a D&C or A&C?

A D&C or A&C is a procedure that gently removes the lining and tissue from the inside of the uterus. You have a local or general anesthetic to have this done.

What is Misoprostol?

Misoprostol is a medication that causes the uterus to contract. When the uterus contracts, the tissue is forced out of the vagina the same as when you menstruate or have a period.

You give yourself the medication at home.

How to take this medication

You are given a prescription for this medication. You fill the prescription at the drug store.

At home . . .

1. Wash and dry your hands.
2. Put one tablet on your finger.
3. Put a drop of water on the tablet.
4. Put the tablet into your vagina and gently push it up as high as you can.
5. Repeat with the other 3 tablets.
6. Rest on your back, in bed, for about 30 minutes.

What should I expect after taking Misoprostol?

Bleeding

- You should expect to have some bleeding from your vagina within 24 hours of taking Misoprostol. Most women start having cramps and bleeding in about 4 to 6 hours and pass tissue about 16 hours later.
- The bleeding may be like a period or very heavy with clots. The heavy bleeding is usually only for a few hours. You may also pass some white tissue from your vagina.
- If after 24 hours of taking Misoprostol you have not had bleeding at least as much as your usual period, put another 4 tablets into your vagina. If your bleeding is still less than your usual period, call your doctor.
- Some spotting or bleeding like a period may last up to 2 weeks.

Cramping

- It is normal to feel some cramps even before the bleeding starts. The cramps may feel like a period or stronger, like labour pains. Strong cramps should only last a few hours.
- Take pain medication such as acetaminophen (Tylenol®) as soon as you feel cramps. Do not wait until the cramps are severe.
- If after 3 to 4 hours, acetaminophen has not relieved the pain, take the prescription medication ordered by your doctor.
- The cramping eases and stops within 4 to 7 days.

Other effects

- While taking Misoprostol you may have dizziness, nausea, vomiting, diarrhea or a fever. These effects may last for a couple of days and are rarely severe.
- For nausea or vomiting, you may find it helpful to eat light meals or only drink fluids. You may also take dimenhydrinate (Gravol®). Follow the directions on the package.