

Mifegymiso for Miscarriage

Early Pregnancy Assessment Clinic (EPAC) 604-582-4558, ext. 763994

What is Mifegymiso?

Mifegymiso (say *mif-fah-guy-mee-soh*) is a package of 2 medicines: mifepristone and misoprostol.

- Mifepristone (say *mif-fah-pris-tone*) blocks the effects of progesterone, a hormone needed for a pregnancy to continue.
- Misoprostol (say *my-so-prost-all*) causes the uterus to contract and the cervix to relax.

These medicines work together to soften and open your cervix and help your uterus contract so that the pregnancy can pass naturally.

How do I take these medicines?

The package has one mifepristone tablet and 4 misoprostol tablets.

When you are ready, take the mifepristone tablet by mouth.

Twenty-four (24) hours after taking the mifepristone tablet, insert the 4 misoprostol tablets into your vagina. Lie down for at least 60 minutes afterwards. This helps them absorb.

What can I expect?

Make sure you have some large maxi pads on hand. Bleeding will start a few hours after using the misoprostol tablets. The bleeding can be heavier than your regular bleeding (menses) for 2 to 4 hours then slow down over the next few days. Expect to pass blood clots as well.

You will have some bleeding and spotting for 1 to 2 weeks. **Do not** use tampons or menstrual cups during this time.

To confirm the pregnancy has ended, do a home pregnancy test 4 weeks after the misoprostol.

How will I feel?

You might have some cramping and pain for the first 2 to 3 hours. You might feel sick to your stomach or throw up. Some people get diarrhea, chills, or a fever over 38°C. These effects are usually mild and last up to a day.

To help with cramps, pain, chills, and fever, take the following medicines one hour before using misoprostol, then every 6 hours as needed:

- 1 to 3 tablets of acetaminophen 325 mg (Tylenol™ or store brand)
- 1 to 2 tablets of ibuprofen 200 mg (Advil™ or store brand)

To help with the upset stomach, take this medicine every 4 hours as needed:

- 1 tablet of dimenhydrinate (Gravol™ or store brand)

When should I get help?

Contact the EPAC Clinic if you notice any of the following:

- temperature over 38°C, feel sick, throw up, or have diarrhea more than 24 hours after the misoprostol
- temperature over 39°C at any time
- foul smelling discharge from the vagina
- stomach pain or cramps that do not get better with pain medicine

Go to the nearest Emergency or call 9-1-1 if any of the following happen:

- soak more than 2 maxi pads an hour for more than 2 hours in a row
- dizzy or lightheaded
- racing or very fast heartbeat

Follow up care: An EPAC Clinic nurse will call you 1 week after you take the Mifegymiso to see if this treatment worked. Call the Clinic if you have any questions or if the home pregnancy test is positive.

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This information does not replace the advice given to you by your healthcare provider.

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