

Misoprostol for Miscarriage

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

What is Mifegymiso?

Misoprostol (say *my-so-prost-all*) causes the cervix to soften and open and helps your uterus contract so that the pregnancy can pass naturally.

How do I take these medicines?

We gave you 8 misoprostol tablets.

When you are ready, insert 4 misoprostol tablets into your vagina.

Twenty-four (24) hours later, insert the other 4 misoprostol tablets into your vagina.

Lie down for at least 60 minutes after you insert each set of 4 tablets. 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 using this medicine.

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.

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