

Instructions for the self-administration of Vaginal Misoprostol at home for the process of Medical Termination of Pregnancy.

Today you have requested, and have been consented for, Medical Termination of Pregnancy.

This is a two stage process.

The first stage of the process has occurred in the hospital today.

You have been given a tablet called Mifepristone (200 mg) by one of the nurses. You have taken this tablet by mouth (oral). This medication opposes a hormone called progesterone that supports pregnancy.

The second stage of the process will be done by yourself at your home. The nurse has provided you with a box containing 4 small white hexagonal tablets. These tablets are called Misoprostol (200 µg). You will be placing these 4 tablets in to your vagina. The 4 tablets provide the required dose of 800 µg. Misoprostol is a prostaglandin. This medication acts together with the Mifepristone to produce a miscarriage.

The Misoprostol tablets should be placed in the vagina by yourself 24 – 48 hours after the oral Mifepristone, which was given to you by the nurse in the clinic today.

Choose a time that is convenient for you. We would encourage you to pick a time when you are not working and do not have any significant commitments, such as child care.

- First empty your bladder.
- Wash your hands thoroughly.
- Using your index finger (the one next to your thumb), push all 4 of the Misoprostol tablets in to the vagina.

The most ideal place is to push the tablets behind the cervix at the top of the vagina. As long as you push them as high in the vagina as you can, they

will work. Some women will place all 4 tablets at once. Some women will place them one at a time. Warm water can be used for lubrication if necessary. Some women find this process easier when standing up. Others prefer to lie down.

- After placing the tablets in the vagina, we suggest that you lie on the bed for one hour.

The miscarriage will occur approximately 4 to 6 hours after the tablets have been inserted. You will have cramp like period like pains. The strength of these pains varies a lot between different women. They tend to be similar to your own period pains. Some women need some simple pain killers such as Paracetamol or Ibuprofen. A hot water bottle helps many women. The miscarriage will be like a very heavy period. Most women pass the miscarriage in to the toilet.

After the miscarriage, you will have a period like blood loss for up to 10 days. If you have increasing bleeding, or a smelly discharge, you should contact the Women's Health Unit. (WHU)

Approximately 3 weeks after the miscarriage you should do a pregnancy test. If this is positive, contact the Women's Health Unit.

WOMEN'S HEALTH UNIT: 01246 512464

