**Patient information**

**Pregnancy termination  
Medical abortion performed at home**

You have been given one Mifegyn® tablet which will start the medical abortion. You may experience bleeding and mild stomach pains over the next few days. If you vomit within 2 hours of taking the tablet, you must come back and take a new one. If you feel nauseous, you can be given a prescription for tablets to stop you feeling nauseous. You have been given medicine to complete the treatment at home in 2-3 days.

* Live life as usual - there is nothing stopping you going to work.
* If you need a painkiller you can take Ibuprofen or Paracetamol or Naproksen.
* Use a sanitary pad, not a tampon when bleeding.

**You have been given the following medicines**

To place in your vagina: Cytotec® 200mcg 4 tablets

Extra: To place under your tongue: Cytotec® 200mcg 2 tablets (If you have not aborted after 3 hours, place these tablets under your tongue)

To swallow:

Metoclopramide® 10mg, 3 tablets (to stop you feeling nauseous)

Paracet® 500mg, 6 tablets (for pain relief)

Voltaren® 50 mg, 4 tablets (for pain relief)

**Abortion day (two or three days later) Date ...................**

* You must have an adult with you
* Start by urinating until your bladder is empty
* In the morning, place the 4 Cytotec® tablets in your vagina
* Swallow two Paracet® tablets and two Voltaren® tablets for pain relief, and one Metoclopramide® tablet for nausea. If necessary, you can take 2 Paracet® tablets and 1 Voltaren® tablet after 3-4 hours, and the same the dose after another 3-4 timer.
* You can eat and drink what you want, and carry on your life as usual.
* It normally takes 4-6 hours from the time you place the Cytotec® tablets in the vagina until you pass the pregnancy.
* You can experience strong period pains, particularly when the uterus is working to expel the pregnancy.
* When you pass the pregnancy, it is normal to bleed more heavily than with a period, and that you pass clumps.
* A hot-water bottle on your tummy can also help to relieve the pain.
* A nurse from the gynekologisk sengepost (Gynaecology Bed Ward) 4AC will call you after13:00 on the day you take Cytotec® to hear how you are feeling.

**After the abortion you should be aware of the following**

* You may have period-like bleeding that gets lighter and discharge for up to 4 weeks after an abortion. Use sanitary pads, not tampons.
* Contact Kvinneklinikken (Dept. of Obstetrics and Gynaecology) if you bleed heavily or with clumps for several days (soaks more than 6 night pads in 2 hours).
* Period-like pain is normal. Contact us if you have severe pain that is not relieved by Paracet or Ibux, or if you have a temperature above 38°C.
* Your periods should start again 4-6 weeks after the abortion. The first period is often heavier and lasts longer than normal.
* You should avoid intercourse and swimming while you are bleeding.
* If you are starting on the contraceptive pill, you can start the day after the abortion.
* Could you still be pregnant?

You have been given a pregnancy test kit. It is important that you take this pregnancy test 4 weeks after the abortion to make sure that the pregnancy has ended.

If the pregnancy test is positive or you suspect that you are still pregnant, you must contact gynekologisk poliklinikk (Gynaecology Outpatient Clinic) or your GP. A blood test will be taken and you will be given a follow-up appointment.

**Contact information Kvinneklinikken (Department of Obstetrics and Gynaecology):**

Gynekologisk poliklinikk (Gynaecology Outpatient Clinic) 08.00-15-00 weekdays:   
**(+47) 51 51 93 85**

Gynekologisk sengepost (Gynaecology Bed Ward) Post 4AC after 15:00 or at the weekend:  
**(+47) 51 51 82 92**

Kvinneklinikken SUS,

November 2019