

# MEDICAL ABORTION WITH Mifegymiso®

## THE MEDICINES USED FOR A TERMINATION OF A PREGNANCY: Mifepristone and Misoprostol

Each pack of Mifegymiso® contains **1 green pack of mifepristone** and **1 orange pack of misoprostol**.

Two medicines must be used for the medical termination of a pregnancy: mifepristone and misoprostol.

Mifepristone is an anti-hormone. It acts by blocking the effects of progesterone, a hormone that is needed for pregnancy to continue.

Misoprostol is a prostaglandin and causes contractions of the uterus and relaxation of the cervix which helps push out the contents of the uterus.

Both mifepristone and misoprostol work **together** to end a pregnancy.

Before you take the medicines, you will talk with our team of professionals specialized in abortion. A physical examination and an ultrasound will be done. If your health professional assesses that your pregnancy is up to 63 days duration and if a medical termination is suitable for you, then you may be eligible to start the treatment.

## BEFORE YOU TAKE THE MEDICINES

**A medical termination of pregnancy may not be suitable for you, so you should tell us if any of the following apply to you:**

- you are pregnant and wish to continue with your pregnancy
- your pregnancy is assessed as being more than 63 days duration (counting the number of days since the first day of your last normal menstrual period)
- you are unable to access emergency medical care within 14 days following the administration of mifepristone
- you have a known or suspected ectopic pregnancy (a pregnancy growing outside the uterus)
- you have known or suspected bleeding problem
- you are taking anticoagulants (drugs that prevent or treat blood clots)
- you suffer from severe disease where it is necessary to take steroids (e.g. asthma uncontrolled by treatment)
- you are taking corticosteroids (medicines such as prednisolone and cortisone, which reduce the activity of your immune system)
- you have adrenal failure
- you have an allergy to either mifepristone and/or misoprostol or prostaglandins
- you have an IUD in place – this must be removed before the termination of pregnancy process is started

If your blood group is Rhesus negative, the use of Mifegymiso® requires us to take measures to prevent Rhesus factor sensitization.

Mifegymiso® is not recommended to be taken if you are breastfeeding.

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## HOW TO TAKE THE MEDICINES

There are two steps in the process.

### THE FIRST STEP

One (1) tablet of mifepristone (green box) will be taken by mouth as directed by your health professional.

Some women can experience bleeding between the first and second steps of treatment. Contact us as needed according to the phone schedule indicated on your document of departure if you are at all worried.

### THE SECOND STEP

24 to 48 hours after you take mifepristone you need to take the misoprostol tablets. It is up to you when you take the tablets within this time period. You should plan the process to fit in with your daily schedule.

You will take the four (4) misoprostol tablets from the orange box at the same time.

Misoprostol tablets should be taken by holding the tablets in your mouth, between the cheek and gum, for 30 minutes. Any **fragments left after 30 minutes have** to be swallowed with a glass of water.

After this you can expect some vaginal bleeding, cramps and to pass some pregnancy tissue. This commonly occurs within 4 hours but in some cases may occur anywhere between 30 minutes and 48 hours after taking the misoprostol tablets. It is recommended to rest for 3 hours after taking the misoprostol tablets. The bleeding lasts on average for 11 days and may be heavy for 2 to 3 days.

## SIGNS AND SYMPTOMS OF THE TERMINATION

Below is a list of the most common symptoms you may experience as part of the termination process. It is important to understand these symptoms and any risks that may arise from using this treatment.

### VAGINAL BLEEDING:

- the onset of bleeding is usually within **4 hours** of taking the misoprostol tablets and most women will experience the onset within 48 hours.
- bleeding can range from light to heavy. Bleeding is usually more than a typical menstrual period.
- bleeding should diminish once the pregnancy is terminated.
- vaginal bleeding does not mean that the pregnancy tissues have been expelled but it is normal to see blood clot and tissues. **A follow-up assessment is very important, to confirm termination of pregnancy.**
- sometimes bleeding can occur after taking the mifepristone but before taking the misoprostol.
- the bleeding lasts on average for 11 days. Light bleeding can continue for 30 days or more but does not normally go beyond the first menstrual period following your treatment.

### PROBLEM BLEEDING:

- if you saturate **two** (or more) thick sanitary pads per hour for 2 consecutive hours this could be “problem bleeding”.
- if you experience problem bleeding or are at all concerned about the amount of bleeding you are experiencing, then you should contact us according to the phone schedule indicated on your document of departure.

### CRAMPING:

- cramping can start within 4 hours of taking the misoprostol tablets.
- cramping can range from mild to severe and is usually more than a typical menstrual period.
- significant cramping should diminish once the pregnancy is expelled. This does not usually last longer than 24 hours.

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## **PAIN MANAGEMENT:**

TO HELP MANAGE YOUR PAIN, ENSURE THAT YOU:

- rest
- use hot packs on your abdomen or back
- massage the lower abdomen frequently
- take pain relief medications:
  - ibuprofen 200 mg (Advil, Motrin) 3 tablets at a time, every 4 to 6 hours;
  - if allergy to ibuprofen: acetaminophen 500 mg (Tylenol, Atasol) 2 tablets at a time, every 4 to 6 hours;
  - you can also use your Anaprox or Ponstan prescription if you have one;
  - if you are still not relieved, use the prescription of Atasol 30 (with codeine) that was given to you at your departure.

## **OTHER POSSIBLE SIDE EFFECTS:**

- headache
- breast tenderness
- fainting
- fatigue
- hot flashes and chills

## **MISOPROSTOL TABLETS CAN CAUSE:**

- nausea
- vomiting
- diarrhea
- dizziness

These side effects are usually short term and do not last more than 24 hours.

**If you experience problems or are at all concerned about side effects, you should contact us as needed according to the phone schedule indicated on your document of departure.**

## **POSSIBLE ADVERSE EFFECTS OF TREATMENT**

Although cramping and bleeding are expected as part of ending a pregnancy, rarely, serious and potentially life-threatening bleeding, infections or other problems can occur following a medical abortion. The use of this treatment is not risk free.

## **PROMPT MEDICAL ATTENTION IS NEEDED IN THE FOLLOWING CIRCUMSTANCES.**

YOU SHOULD CONTACT US FOR IMMEDIATE MEDICAL ATTENTION IF YOU EXPERIENCE:

- heavy vaginal bleeding (soaking **two** (or more) thick sanitary pads per hour for **two** consecutive hours or have large fist-sized clots)
- prolonged heavy bleeding or severe cramping. It is expected that, on average, bleeding will occur for 11 days after Mifegymiso® administration and may initially be heavy. You should return to the clinic if any heavy bleeding occurs after this time
- cramping which is not improved by pain relief medication
- fever, chills or malaise lasting 6 hours or more
- any abnormal vaginal discharge
- severe abdominal pain
- feeling sick (including weakness, nausea, vomiting, diarrhea, abdominal discomfort, cramps, fatigue, chills) with or without a fever more than 24 hours after taking misoprostol tablets

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YOU SHOULD ALSO CONTACT US ACCORDING TO THE PHONE SCHEDULE INDICATED ON YOUR DOCUMENT OF DEPARTURE IF YOU ARE WORRIED ABOUT ANY OF THE FOLLOWING:

- headache
- breast tenderness
- fainting
- hot flashes, skin rashes or itching

It is possible that other side effects may occur in some people which have not been discovered yet. Other side effects not listed in this paper may also occur in some people. You should discuss possible side effects that you may experience with your health professional.

If you have a troublesome symptom or side effect that becomes bad enough to interfere with your daily activities, talk to your health professional.

**If you have serious symptoms or side effects, get immediate medical help. Contact us according to the phone schedule indicated on your document of departure.**

## IN ADDITION, PLEASE NOTE:

- there is approximately a 2.7% to 5.1% chance that the course of treatment will not be fully effective, in which case you will need to have a surgical procedure to complete the abortion. If you have a continuing pregnancy and decide to keep the pregnancy, foetal malformations from the use of mifepristone or misoprostol may occur.
- there is approximately a 0.6%-2.5% chance that you will require surgery to manage ongoing or heavy bleeding.
- there is approximately a 0.1% risk of requiring a blood transfusion due to haemorrhage (heavy bleeding).
- serious infections are very rare in a medical termination of pregnancy and can be potentially life threatening. Symptoms of persistent abdominal pain or feeling unwell or feeling weak with or without a fever following the treatment should be reported to your health professional without delay.
- ectopic pregnancy (growing outside the uterus) is a complication of pregnancy not of a medical termination of pregnancy.

## FOLLOW-UP

You **MUST** adhere to any follow-up arrangements or appointments as advised. Follow-up is very important so that we can confirm that the termination of pregnancy is complete and exclude possible complications.

If the termination is not complete, we will discuss your treatment options, which may include surgery.

It is recommended that you do not travel away from home during the time that you are bleeding so that you can visit us if necessary.

## IF YOU WANT MORE INFORMATION ABOUT MIFEGYMISO®:

- Talk to your health professional at Clinique médicale Fémina
- Find the full product monograph that is prepared for health professionals by visiting the **Health Canada** website, or by calling **Celopharma** at **1-877-230-4227**.