

Information Leaflet



Liverpool Women's
NHS Foundation Trust

Treatment at Home for Early Medical Abortion (Up To 9 Weeks + 6 Days -Tablet Method)

PLEASE READ THIS LEAFLET CAREFULLY AND KEEP IT THROUGHOUT YOUR TREATMENT AS IT CONTAINS IMPORTANT INFORMATION REGARDING YOUR PROCEDURE AND AFTERCARE

POINTS TO BE AWARE OF BEFORE YOU START THE PROCEDURE

It is important before you take the first tablet that you are certain of your decision to proceed with the abortion. **IF YOU DECIDE TO CONTINUE WITH YOUR PREGNANCY OR NO LONGER REQUIRE THE MEDICATION- PLEASE DISCARD OF THIS IMMEDIATELY VIA YOUR LOCAL PHARMACY OR THE BEDFORD CENTRE.**

There are known risks to the fetus from the medication and therefore, we must recommend that once you have taken the tablet(s) that you continue with the abortion.

- It is recommended that you do not smoke or drink any alcohol once the procedure has commenced
- Due to the unpredictability of the procedure, we recommend you inform us of any travel plans arranged.
- If you are breastfeeding you may continue during the medical procedure as only small amounts of the drugs, Mifepristone and Misoprostol pass into the breast milk and are therefore not expected to cause adverse effects in the breastfed infant

EARLY MEDICAL ABORTION PROCEDURE

You have been sent both parts of the treatment to take at home. It is important that you are at home on the day of delivery as your signature is required upon courier delivery of the medication. The medication can be delivered anytime between 9am and 6pm. Please read these instructions carefully and if you have any concerns or questions, please call the **Bedford Centre** on **0151 708 9988 ext 4509** prior to taking **ANY** of the tablets.

The treatment consists of two parts; the first part is a single tablet taken orally with water. The second part will happen 48 hours (two days) after taking the first tablet. This will consist of four tablets to be taken vaginally or orally.

First Part of your Treatment

You have been sent a single tablet called Mifepristone 200 mcg to swallow with water. If you vomit within 30 minutes of taking it, please contact the Bedford Centre as we will need to arrange sending out another tablet.

Following this tablet, you may experience some nausea and / or vomiting also bleeding and period type pain.

It is important to note that bleeding at this stage does not mean that you have passed the pregnancy therefore you should continue with the next stage of treatment as planned

If you have discomfort, you can take over the counter pain relief such as Paracetamol and Ibuprofen as per package directions

Second part of Treatment

You are advised to have a responsible adult stay with you at home when you take the Misoprostol 200 mcg tablets and to remain with you for the rest of the day and overnight.

You will have been given 4 tablets called Misoprostol to be taken at home 48hours after the First medication; they can be taken in the following way

- **Option 1** this is preferred method as you will experience fewer side effects. Place 4 of the Misoprostal tablets into the top of your vagina as high as you can place them. This can be done lying down or squatting.

Or

- **Option 2** taken by mouth. Place 2 tablets on each side of your mouth (4 tablets in total), between cheek and gum and allow the tablets to dissolve for 30 minutes. If after 30 minutes they have not completely dissolved, swallow what is left with water.

What to expect after the second medication at home

- You will experience vaginal bleeding which can be heavy with blood clots and this may be accompanied by passage of the pregnancy tissue
- Period type pain (cramps) usually 1-2 hours after taking the tablet. For any pain and discomfort you experience you can use Paracetamol and Ibuprofen. Please read the patient information leaflet with the packet and take as directed
- You may experience some nausea, vomiting, dizziness, possible diarrhoea or cold or hot flushes. These are known side effects from these tablets and will not stop the process from working

- For most people the procedure is likely to be completed within 4-6 hours of taking the Misoprostol, however it may take up to a few days.

We request that you contact the Bedford Centre for advice 7 days after taking the Misoprostol tablets if you have only had a slight blood loss without clots or you have not had any bleeding or you continue to have symptoms of pregnancy. This may mean that the procedure has been unsuccessful.

KNOWN RISKS OF EARLY MEDICAL ABORTION

- The risk of a failed procedure and continuing pregnancy (up to 1 in a 100 under 9 weeks, up to 3 in a 100 between 9 and 10 weeks)
- Excessive bleeding (haemorrhage) requiring blood transfusion,
- Retained pregnancy tissue requiring further treatment.
- Infection
- Undiagnosed ectopic pregnancy – this is rare
- Emotional / psychological distress following an abortion -If you are not coping, we would suggest that you contact your GP or Liverpool Bereavement Services on 0151 236 3932 so that counselling or support can be arranged.
- Risk of death is very rare

We give you this information regarding the risks not to alarm you, but we feel you would wish to know so that you can make an informed decision. More detailed statistics are in the consent form which will have been explained to you.

FOLLOW UP INFORMATION

You will be given a pregnancy test which you should perform two weeks after you have taken the medication. It is very important that you follow this advice as this will determine whether the abortion has been successful.

Please only use the pregnancy test you are supplied with as they are different to the tests you can buy.

You must contact the **Bedford Centre** on **0151 708 9988 ext. 4509** if the pregnancy test is positive. We will arrange an appointment for you to be reviewed.

If you do not contact the Bedford Centre, we will assume that you have performed the home pregnancy test on the date requested and that it has shown a negative result

DISCHARGE ADVICE FOLLOWING EARLY MEDICAL ABORTION

1. As already discussed, you are advised to have a responsible adult with you, who is aware of the treatment and remain with you until the following morning.
2. You are advised not to travel long distances, especially by air, until you have performed a negative home pregnancy at 2 weeks post treatment. If you do decide to travel we strongly recommend you inform your travel insurance provider that you are undergoing a procedure.

3. Bleeding following the procedure is very individual. It can last for up to 3 weeks as a continuation of the procedure, this is not a period. It is not unusual for the bleeding to stop and start during this time. With this bleeding we advise you to use sanitary towels not tampons.
4. You are advised to maintain your normal hygiene routine, however, whilst you are bleeding when showering it is important that you do not apply the jet of water directly to the vagina (douching) as this may increase the risk of infection.
5. You are advised to avoid sexual intercourse until you have a negative pregnancy test. Using condoms may help to reduce the risk of infection.
6. You can get pregnant before your next period if adequate contraception is not used.
7. Your next period should occur 4 – 6 weeks following the procedure; however, this can be affected by the method of contraception you are using. The bleeding on this period may be heavier than you are normally used to.
8. It is advisable that you limit any strenuous activity including prolonged sports activities until your bleeding has settled.

If you should develop any of the following, either attend the Gynaecology Emergency Department at the Liverpool Women's Hospital or your local Accident & Emergency Department:

- Heavy and continuous bleeding that soaks through 2 or more pads in an hour for a period of 2 hours.
- Severe repeated or continuous abdominal pains - if not eased with the tablets you have taken for pain relief.
- Violent shivering attacks / chills
- High temperature
- Offensive (smelly) vaginal discharge

If suitable, you may also be offered a 28-day supply of the oral contraceptive pill which will be sent out with the medication in the post. This pill is a progestogen only pill.

What is it?

- A daily pill containing a single hormone – progestogen (called Desogestrel).

How do I use it?

- Take one pill at the same time every day with no breaks.
- If started within 5 days of an abortion it is effective straight away. Otherwise, you will need to wait for 48 hours (2 days of pill taking).
- If you miss a pill, take it when you do remember and use condoms or do not have sex for the first 48 hours of correct pill taking.

Is it effective?

- With correct and consistent use, it is 99% effective.
- If the pill is not always used according to the instructions, it is around 91% effective.

Safety

- It is safe for most people to take the POP, there are very few reasons why someone cannot take the POP.

Periods

- Bleeding may become irregular, may stop completely, or may last a little longer.

Side effects

- There are no serious side effects with the POP. You may get some side effects when you first start taking the POP, such as spotty skin, breast tenderness and headaches. These are likely to stop within a few months.

If you require any further advice regarding this method of abortion you can contact The **Bedford Centre** on **0151-708-9988** extension **1130** between 08.30 and 16.30hrs. Monday to Friday.

Telephone Triage Service – 0151 702 4140 (please note this line is open 8am – 4pm Monday – Friday)

If you wish to speak with a member of our Nursing team regarding an acute gynaecological or early pregnancy problem, call **0151 702 4140** where you can receive advice and be triaged according to your concern. Please note this phone line is only available 8am – 4pm Monday to Friday and during high periods of activity delays to the answering of telephone calls may be experienced.

Outside of these hours if you have a medical emergency ring 999, if you have a Gynaecological or early pregnancy Emergency the Gynaecology Emergency Department is open 24 hours per day, seven days per week for urgent walk-in attendance, for all other non-emergencies you can ring 111 or for advice attend a walk in centre or contact your GP'

This leaflet can be made available in different formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at pals@lwh.nhs.uk

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