

Patient Handout on Mifegymiso (mifepristone/misoprostol)



What is Mifegymiso?

Mifegymiso can be used to end a pregnancy up to 9 weeks (63 days) from the first day of the last menstrual period.

Mifegymiso is a combination of 2 medicines:

Mifepristone (the green pack, which comes with one 200mg tablet) - an anti-hormone that blocks progesterone, which is needed for pregnancy to continue

Misoprostol (the orange pack, which comes with four 200mcg tablets) - helps the uterus push out the contents of the pregnancy

Who should not take Mifegymiso?

Please speak to your prescriber if you have any of the following:

- Mixed feelings about ending pregnancy
- Uncertainty around pregnancy duration
- Known or suspected ectopic pregnancy (pregnancy growing outside the uterus)
- Uncontrolled asthma
- Inherited porphyria
- Known or suspected bleeding problem OR currently using blood thinners
- Severe anemia
- Long-term steroid use
- Adrenal gland or kidney failure
- Allergy to mifepristone, misoprostol and/or prostaglandins
- Intrauterine device (IUD) in place
- Unable to access emergency medical services within 14 days of taking mifepristone

How should I take Mifegymiso?

DAY 1 Take 1 x 200mg **mifepristone** tablet orally with water.

DAY 2-3 Take all 4 x 200mcg **misoprostol** tablets buccally (preferred) or vaginally.

BUCCAL ROUTE: Place all 4 x 200mcg **misoprostol** tablets between the cheek and gum for 30 minutes. Swallow any leftover fragments with water.

VAGINAL INSERTION (alternative option):

Empty bladder and wash your hands. Push 4 x 200mcg **misoprostol** tablets one at a time up into the vagina as far as you can using your fingers.

Only use this option if advised by your prescriber.

When should I follow up with the prescriber?

IMPORTANT:
FOLLOW UP with your PRESCRIBER 7-14 days post-treatment!

If your prescriber has not contacted you after 7-14 days, please contact your prescriber to follow up with your treatment.

Follow-up is very important so that your health professional can confirm that the termination of pregnancy is complete and check for possible complications.

IMPORTANT NOTE ABOUT FERTILITY

Medical abortion is not associated with any future risk of infertility, ectopic pregnancy, miscarriage, birth defects, preterm or low birth-weight delivery, or mental health conditions.

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What are the expected side effects of taking Mifegymiso?

VAGINAL BLEEDING



Starts within 30 minutes to 48 hours after taking misoprostol, heavy for about 2-3 days, lasts ~11 days (bleeding can also occur after taking mifepristone)

- bleeding can range from light to heavy, but is usually more than a typical menstrual period
- clumps of blood & tissues are normal
- light bleeding can continue for 30+ days, but doesn't usually go beyond the first menstrual period following your treatment

CRAMPING & PAIN

Can start within 4 hours of taking misoprostol

- is usually more intense than a typical menstrual period, but should improve once pregnancy is expelled (usually within 24 hours)

OTHER POSSIBLE SIDE EFFECTS



- headache
- breast tenderness
- fainting
- dizziness
- fatigue
- hot flashes and chills
- nausea, vomiting and/or diarrhea

PREVENTING INFECTIONS

Your cervix will remain slightly open after your abortion so anything you put into your vagina may cause an infection. That's why it's important for you to follow these instructions for at least one week:

- Avoid using tampons – sanitary pads only
- Avoid tub baths – showers only
- Avoid penetrative sex for example: penis in vagina, toys in vagina, fingers in vagina, etc
- Avoid swimming, hot tubs or jacuzzis
- Avoid douching

When should I seek medical attention?

! Seek medical attention right away if you experience the following:

- Heavy bleeding: bleeding through more than 2 maxi pads/hr for 2 hrs
- Heavy bleeding or cramping lasting more than 16 days
- Abnormal or foul-smelling discharge
- Severe pain not controlled by medications
- Fever > 38°C, chills or feeling unwell for 6+ hrs
- Feeling sick (including weakness, nausea/vomiting/diarrhea, abdominal discomfort, cramps, fatigue, chills) for more than 24 hrs after taking misoprostol

Patient Resources and Contact Information

PLANNED PARENTHOOD OTTAWA SERVICES

Planned Parenthood Ottawa offers:

- Free, confidential, evidence informed pregnancy options counseling (including abortion, parenting, adoption)
- Time sensitive community referrals
- Post-abortion support grounded in respect for personal autonomy and informed consent

PLANNED PARENTHOOD OTTAWA CONTACT INFORMATION

Phone: 613-226-3234 ext: 101 (Monday-Friday)

Email: ppottawa@ppottawa.ca

Website: <https://ppottawa.ca/>