



Medical Abortion Procedure at AMAC

A medical abortion procedure uses tablets instead of suction procedure to interrupt and expel an early pregnancy.

At your appointment you will take:

→ 1x Mifepristone tablet 200mg taken orally has a blocking effect on progesterone, a hormone that is needed for a pregnancy to continue.

→ 1x Ondansetron tablet 4/8mg (on top of tongue) for nausea and to prevent vomiting.

You then wait at least 30 minutes at the clinic before you may go home (in case you vomit pills or have an adverse reaction).

You will be given a checklist including medications, blood test forms, prescriptions and instructions to take home with you. You also will need to go to pharmacy to get prescriptions.

48 hours later take medications provided by AMAC at home:

→ 4x Misoprostol tablets 200mcg buccal (gums for 30mins then swallow) this is a hormone (prostaglandin) that helps expel the pregnancy.

→ 1x Sodium Diclofenac 100mg to help with pain.

→ 2x Misoprostol tablets 200mcg buccal (gums for 30mins then swallow) 4 hours after 1st lot.

→ 1x Ondansetron tablet 4/8mg (on top of tongue) for nausea if required.

→ 1-2x Codeine tablet/s for pain if required.

What are the effects of the tablets?

After taking the Mifepristone usually nothing much will happen, occasionally some people may feel unwell, start bleeding and experiencing uterine discomfort.

Once taking the Misoprostol you will begin to bleed within a few hours or sooner in some cases. It is likely that you will get uterine pain and cramps which can be quite strong.

A medical abortion is like having a miscarriage. In some cases the bleeding can be much heavier than a normal period and may include clots. Some people may experience diarrhoea, vomiting, chills, dizziness, hot flushes, or a rash after taking medications.

In over 90% of cases the pregnancy will be expelled in the 6 hours after taking Misoprostol. If the medical treatment fails to end the pregnancy more medication or a suction procedure may be necessary.

Blood Tests VERY IMPORTANT

This is how we confirm the medical abortion has been successful. You are required to get 2x blood tests done which shows us your pregnancy hormone BHCG levels. The first one gives us a baseline and the second shows us how much it has dropped after taking the tablets. We need to see an 80% drop in the number otherwise we will contact you. If you want to know the results please call us at the clinic.



Aftercare

During the next two weeks to reduce the risk of infection

Nothing goes into the vagina.

- Use sanitary pads not tampons.
- Do not use a swimming pool, spa or have a bath. Have a good shower instead.
- Avoid sexual intercourse.

Expected

- Bleeding like a period, light or spotting, stop/start or none.
- Mild cramps are relieved with regular pain relief.
- Next monthly menstruation in four to nine weeks.
- Pregnancy symptoms, breast tenderness, nausea and fatigue, will disappear within a week or two.

Unexpected

- Very heavy bleeding, soaking two pads an hour or passing lots of large clots.
- Prolonged bleeding, more than 3 weeks.
- Uncontrollable pain.
- Fever or feeling unwell.
- Smelly vaginal discharge.

If you are experiencing any of the above or you are worried something is not right please contact AMAC 09 6386040 or the After Hours Doctor on the number provided.

Frequently asked questions

Is it painful? It varies for each person; the cramps can be quite strong until the pregnancy passes. Pain relief, walking, hot water bottles or wheat bags are helpful.

Will I see the embryo? It may be visible depending on how pregnant you are.

What if I am breastfeeding? Latest studies show that you can continue to breastfeed as normal.

Will the abortion affect my fertility? There is no evidence that your fertility will be affected.

When can I return to work? Usually the day after the pregnancy has been expelled.

When will I expect my next period? Between 4-9 weeks.

When do I start contraception? For oral contraception it is recommended that you start the day after the pregnancy has been expelled. For other forms (Depo Provera, IUD, Implant) ensure they are in place before you start having sex. You can get pregnant 2 weeks after your abortion.

How will you know the pregnancy has ended? By the blood test results we get from the laboratory.

Guide to Bleeding Levels

When passing the pregnancy your bleeding can be anywhere from **light** to **heavy** bleeding may also include clots.

Spotting



Light



Moderate



Heavy



After passing the pregnancy your bleeding should get lighter but can last for up to 3 weeks (if bleeding stops anytime before this is ok)
If you continue to get heavy bleeding please contact clinic or if outside clinic hours oncall Dr.