

Instructions for medical management of miscarriage

DAY 1 – THE DAY YOU TAKE THE MIFEPRISTONE

- ❖ You will take the pill by mouth in clinic (mifepristone)
- ❖ We will give you 4 tablets to use at home (misoprostol) – don't use them on Day 1

WHAT TO EXPECT AFTER YOU GO HOME:

Today you took a pill called mifepristone. You will probably not feel different after taking this pill. Some women can start bleeding after this first pill. You will still need to use the misoprostol pills.

DAY 2 – (24 HOURS LATER) - The day you use the MISOPROSTOL

PREPARING TO USE MISOPROSTOL

- ❖ Make sure you have a **phone**, a **bathroom** and your **support person** with you for the day.
- ❖ Make sure you have your misoprostol tablets, pain medicines and maxi-pads.

PLACING THE MISOPROSTOL:

- ❖ Wash your hands. Lie down and hold 1 pill between your first and second fingers (your pointer and your middle finger), insert into vagina, and push the pill high up into your vagina with one of the fingers. Repeat this with all 4 pills, one at a time. If one of the pills comes out in your hand, push it back up. (If a pill falls onto the floor, do not place it in your vagina. You should call the clinic for a replacement.) Stay lying down for about 30 minutes. You may do regular activities after placing the misoprostol.

WHAT TO EXPECT AFTER THE MISOPROSTOL:

Cramping/pain and moderate to heavy bleeding are normal.

- ❖ Cramping and bleeding can start as soon as 30 minutes after you place the misoprostol.
 - ✓ Resting and using a heating pad or hot water bottle may help.
 - ✓ We recommend that you take ibuprofen as soon as you feel cramps.
 - ✓ You may pass blood clots about the size of a lemon. Although most women bleed for about 2 weeks, some bleed for a shorter time and others bleed for a longer time.
 - ✓ Some women have side effects from misoprostol including headache, ill feeling, weakness, nausea or vomiting, diarrhea, fever or chills. If you feel very ill, please call the clinic or the emergency phone number
 - ✓ Please do not use tampons or have sex for 1 week after the misoprostol to prevent infection.

DID YOU PASS THE MISCARRIAGE?

As you pass the miscarriage tissue, the bleeding is usually heavy and the cramping very strong. Most women pass some blood clots into the toilet, and often the pregnancy is in one of those clots. After the pregnancy passes, the cramps decrease and the bleeding slows down quite a bit. We recommend you come to your appointment to make sure all the tissue passed.

DAY 7-14: FINAL VISIT

The last part of the miscarriage process is to confirm that you passed the pregnancy. A urine pregnancy test can stay positive for 4 to 6 weeks after a miscarriage.

Please call the Center for Reproductive Health clinic at **505-925-4455** to schedule a follow up appointment in 1-2 weeks if you do not already have an appointment.

24-HOUR CONTACT INFORMATION

WHAT NUMBERS TO CALL:

In case of emergency: Call **911** for very, very heavy bleeding or other immediate emergency.

Monday-Friday (8am-5 pm): Call the Center for Reproductive Health (CRH) at **(505) 925-4455**

For urgent issues, after hours and holidays: **505-380-0227**; at the beep, enter the phone number with area code where you want the doctor to call you back, and then press the pound (#) key OR **Call 505-272-2111** and ask for the “GYN resident on-call”

WHEN TO CALL:

❖ If you vomited within 1 hour after you took the mifepristone (Mifeprex) pill.

After using the misoprostol:

- ❖ If you bleed heavily and you **soak more than 2 large maxi-pads in an hour for 2 hours in a row.**
- ❖ If you have **NO** bleeding at all, after using the misoprostol
- ❖ Having fever over 101⁰ F or chills more than 1 day.
- ❖ Feeling sick: with nausea, vomiting or diarrhea more than 1 day.

WHEN TO GO TO AN EMERGENCY ROOM:

- If think you are bleeding very, very heavily and/or you are feeling dizzy, weak or light headed call 911 for an ambulance to go to the nearest emergency room.
- If you are bleeding heavily but are not sure if it is too much, you may call the emergency telephone numbers above and discuss it with a doctor (hemorrhaging and other emergencies are VERY uncommon). The doctor may direct you to an emergency room.
- If you cannot reach a doctor and you are concerned, call 911 and/or go to an Emergency room.

WHAT IF YOU NEED SUPPORT AFTER MISCARRIAGE

You may feel a range of emotions after a miscarriage. It's common to feel grief and it's important to get good emotional support. Talk to your provider about your feelings. Getting a referral to a counselor may be helpful, especially if you experience profound sadness that lasts longer than several weeks.

Counseling / Emotional support

Counseling services at UNM

Ask your provider about a referral to the perinatal counseling services available at UNM.

Unspoken Grief

www.unspokengrief.com is a website where families experiencing perinatal loss can tell their stories.