

Early Medical Termination – Patient Information

**When you have had your consultation and completed paperwork, you will be given some medication.**

DAY 1 MEDICATION DATE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

You will first be given a tablet to swallow called **Mifepristone.** This works by blocking the hormones produced during pregnancy. You will wait at home for 1 day. If you vomit within ½ hr, please contact us. At home you may experience mild stomach cramps for which you can take Paracetamol. Miscarriage at this point is rare (1%)

DAY 2 MEDICATION DATE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

You have further tablets to take called **Misoprostol**, which can be used under the tongue or vaginally.

**Take 4 tablets between 9.00 - 9.30am. If no bleeding has started between 1 - 1.30pm, take another 2 tablets and if the bleeding is still light, between 5 – 5.30pm take a further 2 tablets.**

You may feel sick or vomit and you can also have diarrhoea. Please buy Paracetamol and Ibuprofen, travel sickness tablets and large sanitary towels and a hot water bottle to use at this time if required.

You may not start bleeding immediately. The bleeding may be heavier than your normal period with large clots and cramping type pain, which the womb is trying to expel the pregnancy products. You may use the toilet as often as you want and flush as normal.

Phone to let us know if either you don’t have any pain or bleeding or you are finding the pain and bleeding too much to manage at home. **Phone 01592 729706.**

**TAKE PREGNANCY TEST IN 3 WEEKS ON \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**IF TEST POSITIVE, PHONE - 01592 643355 ext 21576**

Following termination of pregnancy you may bleed for up to 3 weeks, like a period, but if the bleeding is heavy or you have a smelly discharge, you must consult a doctor, or the hospital.

It is advisable not to use tampons for the first 4 weeks following termination.

We advise you to use contraception, if sexually active, to avoid unwanted pregnancy. We will discuss your contraception with you.

**Termination is a pregnancy loss. You may go through a grief reaction, which some people may experience more than others. There is a Post Termination Counselling Service available, if you or your partner require further support. Alternatively you can contact British Pregnancy Advisory Service (BPAS) on 03457 304030.**