

Taking Misoprostol

Misoprostol is a medication mainly used to treat ulcers. Misoprostol is also used in Women's Health.

Taking Misoprostol can soften your cervix, the lower part of your uterus, and start contractions that will empty your uterus. It is important to empty the uterus after a miscarriage or abortion. If even a small amount of tissue stays in the uterus, it can cause bleeding, cramping and infection.

You will be taking Misoprostol to help:

- empty your uterus after a miscarriage
- empty your uterus after an abortion
- soften your cervix before an abortion

If you have any questions or concerns about taking Misoprostol, please ask your doctor, nurse or pharmacist.

How to take this medication

Your doctor will tell you how to take this medication and how many tablets to use. You are to take this medication:

- Orally** (by mouth). Take _____ tablets.
- Bucally:** Put the tablets in the space between your cheek and gum. Take _____ tablets. After 20 minutes, drink some water to swallow any remaining tablets.
- Vaginally:** Put the tablets into your vagina. Take _____ tablets. You or your doctor can insert the tablets. Many women insert the tablets themselves, at home.

How to put the tablets in your vagina

1. Wash and dry your hands.
2. Put one tablet on your finger.
3. Put a drop of water on the tablet.
4. Put the tablet into your vagina and gently push it up as high as possible.
5. Repeat with the other tablets.
6. Rest on your back, in bed, for about 30 minutes.

What to expect after taking Misoprostol

Cramping

- It is normal to feel some cramps. The cramps may feel like a period or stronger, like labour pains. Strong cramps should only last a few hours.
 - If you are at home you can take pain medication such as acetaminophen (Tylenol®), ibuprofen (Advil® or Motrin®), or the medication prescribed by your doctor. Take it as soon as you feel cramps. Don't wait until the cramps are severe.
 - In the hospital, the nurse will help you with pain relief.
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Other effects

- You may have dizziness, chills or shivers, nausea, vomiting, diarrhea or a fever. These effects may last for a couple of days and are usually mild.
- To relieve nausea or vomiting, try eating light meals or drinking only fluids. You may take dimenhydrinate (Gravol®), according to the directions on the package.

What to expect after taking Misoprostol to empty your uterus

Bleeding

- You should expect to have some bleeding from your vagina within 24 hours of taking Misoprostol to empty your uterus.
- The bleeding may be like a period or very heavy with clots. The heavy bleeding is usually only for a few hours. You may also pass some white tissue from your vagina. Some spotting or bleeding like a period may last up to 2 weeks.
- If after 24 hours of taking Misoprostol you have not had bleeding at least as much as your usual period, you may need to use more tablets.

Please call:

Doctor _____

the Clinic _____

Follow-up

- Within 24 hours of taking the Misoprostol call the Women's Clinic nurse to tell her how you are feeling. The nurse will tell you of any follow-up you need.

Follow-up care

You may need to have:

- a repeat ultrasound

Date: _____

- a blood test (BHCG)

Date: _____

- an appointment with your doctor

Date: _____

- other follow-up

Date: _____

When to call the doctor

Call your doctor if you notice any of the following problems:

- the bleeding is heavy enough to soak 2 pads an hour, for more than 2 hours
- the prescription medication (such as Tylenol No.3[®]) does not control your pain
- a fever – your temperature is over 38.5° C or 101.3° F
- you are concerned about the effects you are feeling