

Early medical abortion (EMA) of pregnancy at home

Department of Gynaecology

Information for Patients

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Introduction

We understand that you do not wish to go on with your pregnancy. You may feel it is unsafe, unplanned or unintended. We understand this is a difficult decision to make. We are here to support your decision and give you safe medical care.

You have chosen to have, or are thinking of having medical management of abortion. We hope the information here will explain your options.

If you have any questions or if there is anything you do not understand, please ask the nurse, doctor or service team at the Orchid Clinic.

Early medical abortion

Medical abortion is where you take medicine to end the pregnancy.

You can manage medical abortion **up to 10 weeks at home**. The nurse or a doctor will assess your health. They will look at the support you have at home. This is to see if this is the best choice for you.

Day 1 in hospital:

We will give you an abortion medication tablet (**mifepristone**). You will need to swallow this. You do not need to stay in hospital after taking this tablet. But if you are sick (vomit) within 1 hour of taking the tablet, you should contact the team at the Orchid Clinic as you will need to take another tablet.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

Day 2 at home:

Usually 24 hours (1 day) after your visit to the hospital you will take:

1. **Misoprostol (800 mcg). This is 4 tablets.** You can either:
 - insert these high in your vagina. Try to stay on a bed for at least 30 minutes afterwards.
 - or put the tablets under your tongue to dissolve. You can swallow the tablet after 30 minutes.
 - or dissolve between your cheek and gum. You can swallow the tablet after 30 minutes.
2. The lining of the womb will break down. It will cause pain, bleeding and loss of the pregnancy. Sometimes you may need to take more doses of misoprostol to get the pregnancy to pass. **After 3 hours take another dose of misoprostol (400 mcg) if your pregnancy has not passed. These are 2 tablets.** Dissolve these 2 tablets under the tongue or against the cheek if the termination has not completed.

We strongly advise that you have a trusted adult with you at home to give you support. They can help you if you become worried about your treatment or if you become unwell. However, it is your choice if you do not want to involve anybody else.

What happens after I have taken the tablets?

How much will I bleed in the next few days and weeks?

For the next 1 to 4 days you will have:

- heavy period type bleeding
- passing clots
- passing pregnancy tissues

You will then have on and off bleeding for up to 2 to 3 weeks. Most bleeding settles within 7 to 10 days.

How much pain will I have?

You may have strong period type cramp until the pregnancy passes completely. This may take a few days. You may take regular painkillers (co-codamol, paracetamol, ibuprofen) whilst you are having pain. **Do not take** more than 8 paracetamol or co-codamol tablets in a day.

What can I eat and drink?

Eat comfortably. Drink plenty of fluid (water, juice, milk) to help keep you hydrated.

Can I continue to breastfeed?

Breastfeeding is thought to be safe after taking mifepristone and misoprostol.

Contact the team at the Orchid Clinic if:

- you **vomit** within 1 hour of taking the first tablet (mifepristone) **in hospital**.
- you have no bleeding within 24 hours (1 day) of taking the misoprostol tablets.
- you fail to take the misoprostol tablets as instructed.

What is the chance of failure of the abortion?

1 to 2 out of 100 abortions fail to end the pregnancy.

Sometimes, if the pregnancy does not pass you will need an operation to remove it or repeat the medical management. This happens to less than 1 in 20 women.

What if I change my mind?

We do not know what the risk of continuing the pregnancy are after taking mifepristone or misoprostol are. You should be certain you wish to go ahead with the abortion before you take any tablets.

Contact the Orchid Clinic if you have symptoms suggesting the pregnancy is continuing and you are concerned:

- If you have less than 4 days of bleeding.
- If you still 'feel' pregnant at the end of 1 week. You have sickness, sore breasts, growing tummy.
- A urine pregnancy test is still showing as positive after 3 weeks.
- You have not had a period 4 to 5 weeks after the termination.

Contact the hospital if you have any of the following:

- Heavy bleeding for more than 7 days.
- Bad pelvic pain or pain that does not settle after taking regular painkillers.
- You do not feel well or you feel faint even though you have been drinking plenty of fluids.
- You have a high temperature for more than a day (this can happen after taking misoprostol).
- Abnormal or smelly vaginal discharge.

Self-medication and assessment agreement at home for Early Medical Abortion (EMA) form

Department of Gynaecology

I am _____ weeks pregnant.

I am taking responsibility for carrying out my own second part of treatment and post treatment assessment to make sure that I am no longer pregnant.

I had 1st part Mifepristone on: Date: _____ Time: _____

I need to take 2nd part on: Date: _____ **Misoprostol 800mcg (4 tablets) and 400mcg (2 tablets) after 3 hours** as instructed from the clinic.

I read the instructions and understand the 2nd part (medications).

After the 1st and/or 2nd part of medication, **if I change my mind and do not take the tablets** there is no guarantee of healthy pregnancy and the **baby may be at risk of abnormalities**.

I have/I have not agreed to be contacted by the hospital on _____.

The signs that treatment may not have worked and that I still may be pregnant are:

- If I do not bleed within 24 hours (1 day) of taking the Misoprostol
- If I have less than 4 days of bleeding
- If I still feel pregnant at the end of 1 week or have symptoms of pregnancy. This can be sore breasts, sickness, tummy growing and more.

I should contact the clinic/hospital if I have any of the above signs as I may require more treatment.

I agree to do the urine pregnancy test 3 weeks after treatment on: _____

- Even if pregnancy test is negative, I could still be pregnant. If my next period does not come by 4 week after the treatment, I should contact the clinic for advice or a doctor.
- If the treatment fails and I am still pregnant, there is no guarantee of healthy pregnancy and I will be advised not to continue with the pregnancy.

Signature:

Name (print): Date:
