

Medical abortion carried out at home

The tablets Mifegyne and Cytotec are used to carry out medical abortions. Mifegyne stops the pregnancy, while Cytotec ensures that the contents of the uterus are expelled.

You take the first tablet, Mifegyne at the hospital, before you return to your home. You cannot change your mind once you have taken the first tablet. You may experience some light bleeding and mild cramps over the next few days, although not everyone does.

Some women abort already after taking Mifegyne, before completing the procedure Cytotec at home. If this happens, you still have to complete the treatment with Cytotec at home as planned. Use sanitary towels if you experience bleeding during the next two days, not tampons. If you need painkillers, we recommend that you use Paracet and Ibux.

_____ you have been given Mifegyne at The
Gynecological Outpatient Clinic / Gynecological Department, Kvinneklinikken.

After two days, you will complete the abortion at home using the tablets we have given you.

**On _____ you must complete the abortion at home.
The Outpatients Clinic has given you the following medicines to use at home:**

Tablets to be inserted into the vagina:	Cytotec, 0.2 mg, 4 tablets + 2 extra
Painkillers to be swallowed:	Paracetamol, 500 mg, 6 tablets Voltaren 50 mg, 4 tablets
Anti-nausea medication to be swallowed:	Afipran/Metoclopramide Orifram 10 mg, 3 tablets

You should not be alone during the procedure, - therefore make sure you have an adult with you.

In the morning, no later than 10.00:

Start by emptying your bladder.

Swallow two Paracet tablets, two Voltaren/Diclofenac and one Afipran/Metoclopramide Orifram. Then insert four Cytotec tablets into your vagina. You should insert them as far into the vagina as you can manage. Lie down for 30 minutes afterwards.

You can eat and drink whatever you prefer. It is better for you to be active at home, as this can speed up the process and help relieve the pain. To reduce cramps you can also use a hot water bottle on your stomach. It normally takes 4–8 hours from when you insert the Cytotec into your vagina until the abortion is completed. If you have no bleeding within 3 hours, you put the two extra Cytotec tablets under your tongue.

You may experience strong pain that is similar to menstrual pain, particularly during expulsion of the contents of your uterus. It is also normal to experience bleeding with clots of blood. You should be prepared for heavier bleeding than during normal menstruation.

The painkillers that you have already taken will normally be sufficient. You can take additional painkillers after 3–4 hours if needed. In such case, you should take two Paracet tablets and one Voltaren tablet. You may also take one more Afipran/Metoclopramide Orifram if you feel nauseus.

You must not drive a car at the day of the abortion due to the painkillers taken.

CONTACT KVINNEKLINIKKEN IF:

- You have not aborted within 24 hours after taking Cytotec
- You bleed six night-time sanitary towels in two hours

AFTER THE ABORTION, YOU SHOULD BE AWARE OF THE FOLLOWING:

- You may experience dark, menstrual-like bleeding or discharge that can last up to four weeks after the abortion.
- Use sanitary towels/pads, not tampons.
- You should refrain from sexual intercourse and taking baths until the bleeding stops.
- You may experience pain similar to menstrual pains.
- Your next menstruation should come within four to six weeks after the abortion, and the first menstruation is often heavier than normal and lasts longer than usual.

CHLAMYDIA TEST:

A chlamydia test was routinely taken when you were at the gynecology outpatient clinic. A doctor will call you only if the test is positive and chlamydia has been detected. The sexually transmitted disease is due to infection with the bacterium *Chlamydia trachomatis*.

It is very important that you complete the treatment if you have a positive test for chlamydia. The risk of pelvic infection is higher during a provoked abortion. Chlamydia is treated with antibiotics. Tablets are usually taken once daily for seven days. Treatment of chlamydia is free in Norway. You will receive a prescription from the doctor who contacts you.

You shall refrain from intercourse for one week after starting treatment. Your partner must also be tested if you have been diagnosed with chlamydia. The test can be done at his general practitioner or at the Health station for young people (Helsestasjon for unge) if you are under 20 years of age.

CONTRACEPTION / BIRTH CONTROL:

- If you are going to start taking contraceptive pills or the birth control patch, you can start in the evening on the day you complete the abortion, or the morning after.
- A contraceptive implant can be inserted in the arm between the 1. and 5. day of menstruation.
- An intrauterine device (IUD) can be inserted in the uterus at the end of your next menstruation.

CONTACT KVINNEKLINIKKEN IF:

- You experience heavy bleeding with clots for more than 14 days
- You experience bleeding that lasts more than 28 days
- You have pain that last more than 14 days
- You have fever (more than 38 degrees centigrade)

FOLLOW-UP:

28 days after the abortion, you have to take the pregnancy test at home. You have to buy it yourself.

The test measures the level of pregnancy hormone in your blood and tells us whether the treatment has been successful or not. If the pregnancy test is positive, you have go to your doctor for a blood test (Serum HcG s). Your doctor will follow this up.

It is important that you take this pregnancy test. It is your own responsibility.

HOW TO CONTACT THE WOMEN'S CLINIC:

Tel.: (+47) 55 97 42 00.

Kind regards

The staff at the Gynecology Outpatients Clinic and the Department of General Gynecology