

Medical abortion carried out at the hospital

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 by taking Cytotec at their next appointment at the Gynecology Department. If this happens, you still have to come back to the hospital as planned.

Use sanitary pads if you experience bleeding during the next two days, not tampons. If you need painkillers, we recommend that you use Paracet and Ibux.

Today _____ you have been given Mifegyne at the Gynecology Outpatients Clinic/Gynecologic Department.

Two or three days after taking Mifegyne, you must come to the Gynecologic Department to complete the abortion.

Your appointment is _____/_____ at _____
At the Department of General Gynecology, 3. Floor

The Outpatients Clinic has given you the following medicines to use at home one hour before your appointment at the hospital:

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

Start by emptying your bladder.

Swallow 2 Paracet tablets, 2 Voltaren and 1 Afipran/Metoclopramide Orifram. Then insert 4 Cytotec tablets into your vagina. You should insert them as far into the vagina as you can manage.

The package contains more tablets that you shall not use. You have to take with you the rest of the medicines to the hospital.

If you like, you can eat breakfast before you come to the hospital. You should wear comfortable clothes. You must not drive to the appointment, and you should arrange for someone to pick you up when you have finished.

Most women spend 4–8 hours in the department. In some cases, the treatment takes longer, and you may have to stay in hospital all afternoon or overnight.

IF YOU ARE MORE THAN 9 WEEKS PREGNANT:

You must use a bedpan, provided by the nurse every time you need to go to the toilet. This is to be certain that you have completed the abortion before you go home. The product of the pregnancy is clearly visible so we recommend that you do not look into the bedpan. In rare cases, you may need an ultrasound examination before you can go home.

FOR ALL:

If the Cytotec tablets have had no effect after three hours, you will be given two extra Cytotec tablets to put under your tongue. You will be given extra Cytotec tablets every three hours until you have aborted. If taking these tablets still does not result in an abortion, surgical evacuation of the uterine cavity will be necessary.

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

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

- You may experience dark, menstrual-like bleeding or discharge for up to four weeks after the abortion.
- You should refrain from sexual intercourse and taking baths until the bleeding stops.
- You may experience pain similar to menstrual pain 1-2 weeks after the abortion.
- Your next period should come within four to six weeks after the abortion, and the first period 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 longer than 28 days
- You have pain that last longer than 14 days
- You have fever (more than 38 degrees centigrade)
- You have not menstruated again after four to six weeks

FOLLOW-UP:

28 days after the abortion you have to take a 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 to go to your doctor for a blood test (HcG serum).

Your doctor will follow up.

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

HOW TO CONTACT THE DEPARTMENT OF GENERAL GYNECOLOGY:

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

Kind regards

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