

## Medical termination of pregnancy under 12 pregnancy weeks

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Medical termination of pregnancy is performed by taking two medicines, Mifegyne® and Cytotec®, 1 to 3 days apart. The medicines cause the uterus to contract, resulting in elimination of the pregnancy as bloody discharge.

### Phase 1

at the Gynaecology outpatient clinic, date:\_\_\_\_\_ time: \_\_\_\_\_

At the first visit:

- A medical examination is performed by a doctor and a nurse will talk you through the process.
- Post-termination contraception is planned.
- The 1<sup>st</sup> phase drug, Mifegyne®, is administered orally.

This is the drug that induces the termination. You should be aware that you cannot change your mind once you have taken the drug. If you vomit within 2 hours of taking the drug, contact the Gynaecology outpatient clinic to get a new dose. You may experience some discomfort in your lower abdomen after taking Mifegyne®, and some patients have discharge that looks like menstrual flow. If necessary, you can take painkillers available from the pharmacy without a prescription.

### Phase 2

at the Gynaecology outpatient clinic, date:\_\_\_\_\_ time: \_\_\_\_\_

- You can eat breakfast at home as normal.
- At the clinic, you will be met by a nurse who gives you the 2<sup>nd</sup> phase drug Cytotec® vaginally.
- You will be given oral premedication to alleviate the pain.
- You should move about after administration of the medication as light physical activity promotes emptying of the womb.
- Patients are normally monitored at the clinic for 4–6 hours.
- If necessary, you will be given 1–3 days of sick leave.
- The post-procedure discharge usually persists for 2–3 weeks.
- Due to risk of infection, sexual intercourse, use of tampons and swimming should be avoided as long as there is post-procedure bleeding.
- Following the termination, use contraception to prevent an unwanted pregnancy. Start using contraception on the day following the 2<sup>nd</sup> phase.

## Phase 2 of medical termination of pregnancy at home

The 2<sup>nd</sup> phase may be completed at home. You must have an adult stay with you on the day of the termination.

Date \_\_\_\_\_ time \_\_\_\_\_

- At the gynaecology outpatient clinic, you will be given the 2nd phase drugs (four Cytotec 0.2 mg tablets) to take home with you. The tablets should be inserted deep into the vagina. If you have vaginal bleeding that is heavier than normal menstrual flow, take only 2 tablets orally, as termination has already started.
- Take the next Cytotec® 0,2 mg 2 tbl orally 3-4 hours after the first termination tablets.
- For pain management, you will be given two Panacod® tablets to take home with you. Take them at the same time as the drug that induces the termination. If necessary, you can also take painkillers available from the pharmacy without a prescription to alleviate the lower abdominal pain.
- You should move about after taking the drugs as light physical activity promotes emptying of the womb.
- Bleeding usually starts within 2–4 hours and is slightly heavier than menstrual bleeding for a day or two. The post-procedure discharge lasts 2–3 weeks.
- If the bleeding does not start, contact the gynaecology outpatient clinic, tel 044 7077822
- Due to risk of infection, sexual intercourse, use of tampons and swimming should be avoided as long as there is post-procedure bleeding.
- Following the termination, use contraception to prevent an unwanted pregnancy. Start using contraception on the day following the 2nd phase.

## Follow-up appointment

Attending a follow-up appointment and blood testing is vitally important. The purpose of the follow-up appointment is to confirm that the pregnancy has terminated as the medicines used to induce abortion may cause foetal damage.

A blood sample will be taken to measure the level of pregnancy hormone to confirm that the pregnancy has terminated.

Contact the public health nurse in your area / the referring physician to make an appointment for the blood test and follow-up visit (Pori residents: contact the Birth Control Clinic in Pori).

Date: \_\_\_\_\_ time: \_\_\_\_\_

The follow-up appointment is 2–(3) weeks after the termination.

## **In the event of problems**

If you have increasingly heavy discharge, severe abdominal pains or a fever, please contact a gynaecology nurse, tel. 044 7077822

There is a lot of individual variation in how women experience termination of pregnancy. If you have any concerns, do not hesitate to discuss them with the staff.

The hospital also has a hospital chaplain and a social worker you can turn to.