

Miscarriage, medical treatment

Once it has been determined that the normal progression of the pregnancy has stopped medical treatment can be used to empty the uterus.

- Medical and ultrasound examination by the doctor
- Nurse or midwife will talk you through the process
- Laboratory tests
- Mifegyne® tablet is given to you to prepare your body for the emptying the uterus
- If your blood type is Rh negative, you will receive an anti-D immunoglobulin injection

If you vomit within 2 hours of taking the drug, contact the 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.

Medical treatment at the Gynaecology outpatient clinic,

Date: _____ time: _____

You can eat breakfast at home as normal.

Take the 2nd phase drug Cytotec® 4 tablets vaginally 1-2 hours before you come to the hospital. 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.

For pain management you will be given Burana slow 800 mg. If you can't use Burana, you can take Panadol 1 g.

At the hospital you will be given more painkillers.

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.

Medical treatment of miscarriage at home

At the gynaecology outpatient clinic, you will be given the 2nd phase drugs (six Cytotec 0.2 mg tablets) and for the pain management two Panacod® tablets to take home with you. You must have an adult stay with you on the day of the treatment.

Insert 4 Cytotec® tablets date _____ time _____ deep into the vagina. Take the painmedication at the same time. Panacod ® may affect your ability to drive safely. 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.

If you have vaginal bleeding that is heavier than normal menstrual flow, take only 2 tablets orally.

Take the next Cytotec® 0,2 mg 2 tbl orally after 3-4 hours.

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 gynecology nurse, 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.

Follow-up appointment

Attending a follow-up appointment and blood testing is vitally important. A blood sample will be taken to measure the level of pregnancy hormone to confirm that the uterus is empty.

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 miscarriage.

You can try for another pregnancy after the next menstrual period.

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