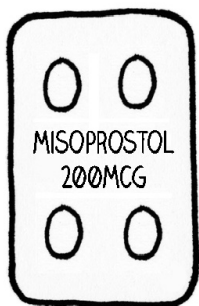


FACT SHEET : HOW TO USE MISOPROSTOL PILLS FOR MISCARRIAGE (EARLY PREGNANCY LOSS) CARE

Some pregnancies stop growing in the first 12 weeks. That is called a miscarriage or an early pregnancy loss (EPL). Pills called misoprostol can be used to help to make the pregnancy tissue pass. You can also use mifepristone with misoprostol pills together. Please know that nothing you did caused the pregnancy loss. 1 in 4 pregnancies experience an early pregnancy loss. It is NOT caused by stress, sports, food, or sex. Sometimes families and friends don't know what to say to help. If you feel very upset, you should let your clinician know and get the help you need.

1. THE PILLS

You need misoprostol pills.



2. TIMELINE FOR USING PILLS

Time since last period → 12 weeks or less

Day 1	Use Pain Pills
	Wait one hour ↓ Then use 4 tabs of misoprostol ↓ If you do not start to bleed within 24 hours, you can use 4 more tablets of misoprostol.

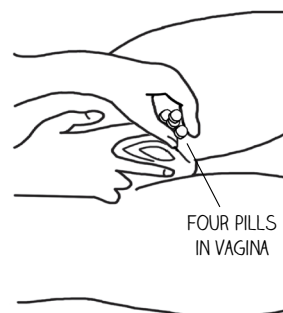
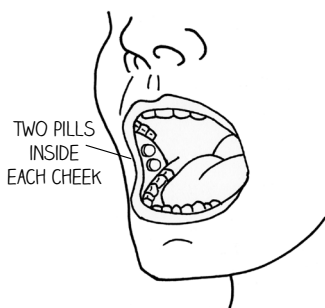
3. USE PAIN PILLS

Up to four 200-mg ibuprofen pills, up to two 220-mg naproxen pills, or up to two 500-mg acetaminophen pills. Use these pain pills one hour before misoprostol. You can use more pain pills later if needed – follow the directions on the package.



4. ONE HOUR LATER: USE MISOPROSTOL

- Pick a time to use misoprostol after using pain pills and when you have had a good meal and plenty of rest.
- Choose: Put pills inside your cheeks, under your tongue, or in your vagina. **If you are concerned about people knowing that you used these pills, you should put the pills inside your cheeks or under your tongue. This way, there will be no pill fragments left behind (in the event that you need a medical exam).**
 - Mouth: Wash your hands. Put two misoprostol pills inside each cheek or put four pills under your tongue. Hold them there for 30 minutes while your body absorbs the medicine. Then swallow the pills with a drink.
 - Vagina: Wash your hands and lie down. Put 4 misoprostol pills in your vagina. Lie down for 30 minutes as your body absorbs the medicine. If the pills fall out after 30 minutes, it's okay, and you can throw them away. If they don't fall out you can leave them in place.
- If you do not start to bleed within 24 hours, you can use 4 more tablets of misoprostol.



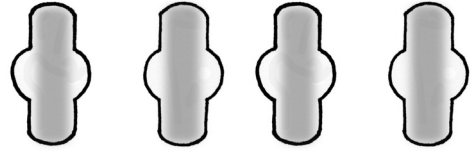
5. EXPECT BLEEDING

If you weren't bleeding already, cramps and bleeding should start within 6 hours after misoprostol. You may see blood clots. This heavy bleeding is not risky. It means the pills are working. A hot pack can help with cramps. You may have loose stools, fever, nausea or chills. **If you do not start to bleed within 24 hours, you can repeat the process using 4 more misoprostol pills.** You should contact your clinician if you don't bleed after using misoprostol again.



6. HOW MUCH BLEEDING IS TOO MUCH?

If you soak through two maxi-pads per hour, two hours in a row, you should contact your clinician.



Remember 2 x 2

2 pads/hour for 2 hours is too much bleeding!

7. WHAT IF IT THE PILLS DIDN'T WORK?

If the pills don't work or you feel it is taking too long, you can return to your clinician's office for a suction procedure or try the pills again. If you have any questions or concerns, call your clinician.

8. NEXT STEPS

You can get pregnant soon after the pregnancy loss ends. If you want to try again, take a prenatal vitamin daily. If you are not ready to be pregnant, you can use birth control. Talk to your clinician about your options.

