



**NL Health  
Services**

# Mifepristone and Misoprostol

## For management after pregnancy loss

### Steps in taking the medication

1. Take one (1) tablet of Mifepristone (green box) and swallow with water. Some individuals may experience bleeding after this step.
2. After 24-48 hours, take four (4) tablets of Misoprostol (orange box) and hold all four tablets in your mouth, between the cheek and gum. Allow them to dissolve for 30 minutes. After 30 minutes, if there are any remaining fragments, swallow with water.

### Common questions after taking the medication

#### What can I expect in terms of bleeding?

Bleeding usually starts within 4 hours of taking the Misoprostol, but can start anywhere between 30 to 45 minutes after. The amount of bleeding is usually more than a typical menstrual period, and should diminish once the products are expelled. It is normal to see blood clot and tissues. Bleeding may last 11 days on average and may be heavy for 2 to 3 days. Light bleeding can continue for 30 days or more but does not normally go beyond the first period following treatment.

#### What can I expect in terms of cramping?

Cramping can start within 4 hours of taking the misoprostol tablets. The amount of cramping is usually more than a typical menstrual period, and should diminish once the products are expelled. Options to help manage cramping can include: heat packs on the abdomen or back, and taking pain relief medications as directed by your healthcare provider.

#### What are some common side effects of the medication?

Common side effects from the medication can include headache, breast tenderness, fatigue, hot flushes and chills, nausea and vomiting, diarrhea, and dizziness. These side effects are usually short term and do not last more than 24 hours.

### Reasons to seek immediate medical attention

- heavy vaginal bleeding (soaking **two** (or more) thick sanitary pads per hour for **two** consecutive hours or have large fist-sized clots)
- cramping which is not improved by pain medication
- fever, chills, or malaise lasting 6 hours or more
- any abnormal vaginal discharge
- severe abdominal pain
- feeling sick (including weakness, nausea, vomiting, diarrhea, abdominal discomfort, cramps, fatigue, chills) with or without a fever more than 24 hours after taking misoprostol tablets

#### Important Numbers:

Women's Health Clinic: 709-777-7460  
Nurse Health Line 8-1-1

#### More detailed information can be found at the following sources:

Mifegymiso product monograph version  
November 6, 2017  
[https://pdf.hres.ca/dpd\\_pm/00042012.PDF](https://pdf.hres.ca/dpd_pm/00042012.PDF)  
Celopharma Mifegymiso information brochure  
<https://www.shorecentre.ca/wp-content/uploads/NEW-MifegymisoInformation-Brochure-min.pdf>

**Follow up is important! Please follow up as arranged by your healthcare provider.**