

**Women's Medical Center of Rhode Island 401.467.9111 or 800.877.6339
1725 Broad Street, Cranston, RI 02905**

Instructions For Medical Abortion, Including After-care Guidance

At our Center, medical abortion requires 3 visits.

Prior To The First Visit

- Nothing to eat or drink after midnight the night before the procedure, including mints and gum. Do not smoke after midnight as well.
- If you need to, you may take small sips of water only up until 6:00 a.m. the morning of the procedure.
- If you are taking prescription medicines, it is okay for you to take them at your normally scheduled time with a small sip of water.
- No recreational drugs, alcohol or aspirin products for 48 hours prior to the procedure.
- **If making payment with health insurance, call our Center the day before your first visit to verify insurance coverage.** Don't forget to also bring your insurance card with you on the day of your first visit.

On The Day Of The First Visit

- **You will be asked to commit to 3 visits before proceeding with medical abortion.** If you have an IUD in place, are a heavy smoker (more than 10 cigarettes a day), can't return for the next 2 visits, and can't easily get emergency help in the 2 weeks following taking Mifeprex and Misoprostol, you may not be a good candidate for medical abortion. Surgical abortion may be your best and safest option.
- If medical abortion fails (does not work), you may be required to complete the procedure with surgical abortion. Our Center has a very small failure rate for medical abortion.
- You will be given one tablet of Mifeprex to swallow while at our Center. Mifeprex blocks the hormone needed to continue a pregnancy. Before receiving the medication, you will have an ultrasound and pelvic exam to determine the size of the pregnancy, as well as blood work.
- Plan on being at our Center about 2 to 3 hours.
- Bring photo identification with your date of birth on it. If you are in the U.S. Military, bring your Military ID. If you have Medical Assistance, bring your card with you. If you are using health insurance, bring your insurance card with you.
- If you are making payment on your own, be aware that we do not accept personal checks. Payment can be made by cash, money order and credit cards. We do not accept American Express.
- We do not allow any large bags, food or drink in our Center. All cell phones must be turned off while you and your escort are in our Center.
- We have anti-choice protestors outside of our Center. Be assured we have excellent security systems because your safety and comfort is our number one concern. You won't have to walk past any protestors – you will drive past them into our private parking lot. **BEFORE** you get out of your vehicle, our

security guard will check to make sure your name is on the list of who to expect that morning. Our security guard wears a professional uniform and should be easy for you to identify. Have a **PHOTO ID** ready to show to the guard, who will then give you and your escort visitor's passes to enter our Center. Protestors can say mean-spirited things and can also have graphic signs.

While At Home

- 24 hours after taking the Mifeprex at our Center, you will take 4 pills of Misoprostol at home in 2 doses. Misoprostol causes the uterus to contract and expel the pregnancy. We suggest taking 2 pills at 12:00 noon and the remaining 2 pills at 2:00 p.m. This will help you lessen any gastrointestinal (GI) side effects. It is not unusual to experience nausea, vomiting and diarrhea. While we use this protocol for most women, we can customize it within limits to meet your lifestyle.
- Expect heavy bleeding and cramping to begin as soon as one hour after taking the first dose of Misoprostol. This can continue for 24 to 36 hours. You may see blood clots and tissue, which is expected and normal.
- Do not insert anything into the vagina until after your 2 follow-up visits to our Center. This includes sexual intercourse and tampons.
- Follow a normal diet as tolerated.
- To relieve discomfort, you may take Advil, Motrin or Tylenol. A heating pad can help with cramping as well.
- In the highly unlikely event that you need to go to an emergency room (ER), bring with you the Danco (manufacturer of Mifeprex) booklet that we provide during your first visit.

Second and Third Visit

- You will return to our Center for a second visit within 7 to 10 days. Your third visit will be scheduled 3 weeks after your second visit.
- To confirm termination of the pregnancy, a urine pregnancy test and possibly an ultrasound will be done.
- Contraceptive counseling will be offered to you so you can choose the best method to prevent future unintended pregnancies. Depending on your choice and medical history, we can provide you with a prescription for birth control pills, Depo Provera injection, Nuva Ring and condoms. You can resume sexual intercourse after 3 weeks. Always use protection when you have sex, unless you are trying to get pregnant. Know that you **CAN** get pregnant again before you have your next menstrual period. And, know that most birth control methods do not protect against sexually transmitted diseases (STDs), including HIV. Only latex or polyurethane (if you are allergic to latex) condoms provide protection for STDs and HIV. Natural skin condoms do not provide protection for STDs and HIV.

After-care Guidance

Throughout the medical abortion process and your 2 follow-up visits:

- **Do not** insert anything into your vagina.
- **Do not** have vaginal intercourse.
- **Do not** use tampons. Use non-deodorant sanitary pads.

- **Do not** douche or use feminine hygiene sprays.
- **Do not** swim or take tub baths. Showers are fine.
- **Avoid** gym class, aerobics or strenuous exercise for approximately 1 week.
- **Most important!** Listen to your body. Rest when you are tired or if your bleeding increases. Ease slowly back into your normal routine.

When To Resume Normal Activities

Let your body be your guide, and you will find you will most likely resume normal activities within a few days. Most pregnancy symptoms, such as nausea and dizziness should begin to disappear within a few days. Other symptoms like breast tenderness (eased by ice packs), bloating and weight gain may last longer than a few days. Fatigue may last several weeks.

Follow-up Visit

It is important that you return to the Women's Medical Center of Rhode Island for your 2 follow-up visits. **This is required even if you are feeling perfectly well.** A pregnancy test will be done and possibly an ultrasound. We need to make sure that your body is back to normal. **Do keep your follow-up appointments!**

Emotional Reactions

An emotional reaction to terminating a pregnancy is normal and expected. You have gone through a physical, hormonal and emotional event. Some women experience grief while other women feel great relief. Changes in your hormonal levels may also cause sadness, depression or emotional upset. Our counselors are always available to speak with you during business hours; call us if you need to talk.

CALL US AT 401.467.9111 IF YOU DEVELOP A TEMPERATURE GREATER THAN 100.4 DEGREES AFTER 48 HOURS OF COMING TO OUR CENTER OR HAVE NAUSEA, VOMITING, DIARRHEA, CRAMPING OR BLEEDING THAT AT ANY TIME SEEMS EXCESSIVE.

IF YOU THINK YOU NEED TO GO TO YOUR PRIVATE PHYSICIAN OR LOCAL HOSPITAL, PLEASE TRY TO CALL US FIRST.