

1. You may experience some bleeding and cramping due to the Mifeprex tablet you have taken today. If you feel you have passed tissue before taking the Misoprostol, please call the clinic.
2. At home, between 12 and 48 hours after taking the Mifeprex, you will insert 4 Misoprostol pills into your vagina. When you insert these 4 pills into your vagina, try to get them up against the cervix. If you can't reach the cervix or find it, place them as far in as you can reach. You may wet the tip of your finger to make the pills stick to it while inserting the tablets. You should also take a pain reliever shortly before insertion. **Some women begin bleeding before inserting the misoprostol tablets. If this happens, insert the tablets when bleeding begins.**
3. After Insertion, you should stay flat for about an hour to be sure the pills stay in your vagina. If the pills fall out in the first hour after insertion you must reinsert them.
4. You may experience heavy bleeding and cramping while the abortion is in progress. You may also pass blood clots. While it is normal to have some heavy bleeding during this process, you must call us if the bleeding is excessive. If you **soak 2 large pads in an hour for 2 hours in a row**, the bleeding is excessive. **If you have soaked 4 large pads in 2 hours or less, you must call us at the number below.** We are available for emergencies 24 hours-a-day, every day.
5. The cramping may get very intense. Try to find a comfortable place to rest during this process. Use a heating pad or hot water bottle on your abdomen and/or lower back. Some women find it helpful to get up and walk around the house. You should also take a pain reliever.
6. You may eat during this process. Some women do experience nausea and vomiting. If this happens to you try to drink ginger ale or lemonade and nibble on saltines, pretzels, or potato chips. If you are unable to keep anything down for more than four hours, please call us and we will prescribe something for the nausea.
7. Please do not hesitate to call us if you have a question or problem. You may reach us at **602.553.0440** at any time.