

# Non-viable pregnancy

## Gynaecology

**You visited the clinic today because of a non-viable pregnancy. Together we decided to end the pregnancy with medication. The medicines used for this are called Mifepristone and Misoprostol. In this folder you can read more about what a non-viable pregnancy is and about the treatment.**

### What is a non-viable pregnancy?

In a non-viable pregnancy, the embryo does not grow or has stopped growing. The pregnancy cannot continue. Your body often does not give any signals that something is wrong, but during an ultrasound we see that the heartbeat is missing or that the growth has stopped. A non-viable pregnancy will always end in a miscarriage.

### Before the treatment

- You do not need to stay in the clinic for this treatment; you take the medicines at home
- Tell us if you have allergies or sensitivities
- This can be an emotional day, so plan rest and make sure you have support. It can help to have someone nearby with whom you feel comfortable

### The treatment

You use two types of medicine: Mifepristone and Misoprostol.

1. Mifepriston (Mifegyne®)  
Mifepristone blocks the hormone progesterone, which prepares the womb for the treatment.
2. Misoprostol (Cytotec®)  
Misoprostol is a stomach-protecting medicine, but a side effect is that it makes the womb contract.

You first take one tablet of Mifepristone. 36 to 48 hours later, you insert four Misoprostol tablets deep into the vagina, one after another. Insert them as high as possible, in the same way you would insert a tampon. You can do this at home; you do not need to come to the clinic. It is best to insert the tablets in the morning.

#### Bleeding

Bleeding usually starts within four hours after using Misoprostol. It often starts slowly and then becomes heavier. Blood clots may come out. This is normal. You will eventually lose the pregnancy sac. You can recognise it as a small, clear bubble filled with fluid. A blood clot can look similar. After losing the pregnancy sac, the pain and bleeding usually reduce. You may have bleeding for two to four weeks.

### Possible complications during the treatment

Besides bleeding, you may experience stomach pain, nausea, diarrhoea, gas, or a mild fever. This happens because Misoprostol affects the natural movement of the bowels.

Make sure you are not alone while using the medicines. It is important for your safety that someone is nearby. Sometimes you may suddenly lose a lot of blood, this means more than one completely soaked sanitary pad per hour. If this happens, please contact us.

## After the treatment

A miscarriage can be painful. For pain or cramps, use paracetamol as described in the leaflet. If this is not enough, you may use Ibuprofen® or Naproxen® as described in their leaflets.

Because there is a higher risk of infection during a period of bleeding, we advise you for the first two to three weeks after the treatment:

- Do not have sex.
- Do not use tampons.
- Do not go swimming, do not visit a sauna, and do not take a bath (showering is fine)

## Possible complications and side effects

After the treatment you may have side effects. Always contact us if you:

- Lose a lot of blood. This means more than one full sanitary pad within one hour
- Have a fever above 38 degrees
- Feel dizzy or feel like you might faint
- Have ongoing pain 24 hours after the pregnancy ended and the painkillers (paracetamol and or naproxen) do not help enough

Also contact us in these situations:

- When you feel that nothing has happened 48 hours after using the medicines.
- When you are unsure whether the pregnancy has fully passed.

## Follow-up

Six weeks after the treatment you have an appointment in the clinic. We then check whether the treatment was complete. There is also time to discuss how you experienced the treatment and the loss of the pregnancy.

## Resuscitation

All patients at DC Klinieken will be resuscitated in an emergency situation. If you have a "do not resuscitate" statement, or if you have discussed with your doctor that you do not want to be resuscitated, it is important that you inform us.

## Emergency after visiting DC Klinieken

In case of an emergency, call: 088 0100 998.

## Insurance

DC Klinieken has contracts with all health insurers. This means that almost all care is reimbursed, just like in the hospital. You do need a referral from your (general) doctor. Please be aware of your own deductible. More information about reimbursements and possible exceptions can be found at: [www.dcklinieken.nl/vergoedingen](http://www.dcklinieken.nl/vergoedingen).

## Questions

For more information and answers to frequently asked questions, go to: [www.dcklinieken.nl/contact](http://www.dcklinieken.nl/contact) or contact our Service and Information Centre at 088 0100 900.