Termination of pregnancy with medication

Gynaecology

You have decided to end your pregnancy using medication. The medicines used for this treatment are mifepristone and misoprostol. This leaflet provides more information about the treatment.

Before the treatment

- You will take the medication at home. You don't need to stay at the clinic for the treatment.
- For your safety, make sure you are not home alone when taking the medication.
- Please let us know if you have any allergies or sensitivities to medication.
- Ending a pregnancy can be emotionally difficult. Therefore it may help to plan some time to rest. You may also want to seek emotional support from someone you feel comfortable with.

The treatment

You will use two types of medication: mifepristone and misoprostol.

1. Mifepristone (Mifegyne®)
   Mifepristone blocks the hormone progesterone, which prepares the uterus for the treatment.
2. Misoprostol (Cytotec®)
   Misoprostol is a medicine originally used to protect the stomach. One of its effects is that it causes the uterus to contract. Research has shown that misoprostol is also effective in inducing a miscarriage. It is therefore used for this purpose, even though it is not officially licensed for this use.

First, take 1 tablet of mifepristone (Mifegyne®). After 36 to 48 hours, insert 4 tablets of misoprostol (Cytotec®), one after another, deep into the vagina. Insert them as high as possible, in the same way you would insert a tampon. You can do this at home and do not need to be at the clinic. It is best to insert the tablets in the morning.

Bleeding

Bleeding usually starts within 4 hours after using misoprostol (Cytotec®). It often starts gradually and then becomes heavier. You may pass blood clots. This is normal. Eventually, you will pass the pregnancy sac. You may recognise this as a transparent sac containing clear fluid. A blood clot can look similar. After you have passed the pregnancy sac, the pain and bleeding will decrease. You may continue to have some bleeding for 2 to 4 weeks.

Possible symptoms during treatment

In addition to bleeding, you may experience abdominal pain, nausea, diarrhoea, bloating or a mild fever during the treatment. This is because misoprostol (Cytotec®) affects the natural movement of the bowel.

Make sure you are not alone while using the medication. For your safety, it is important to have someone nearby. Sometimes, you may suddenly experience heavy bleeding or heavy bleeding that lasts for a longer period. Heavy bleeding means soaking through more than 2 sanitary pads per hour for more than 2 hours. If this happens, please contact us.

After the treatment

Ending a pregnancy with medication can be painful. When you insert the misoprostol, take pain relief. We recommend using an NSAID such as naproxen or ibuprofen, at the maximum dose stated in the patient information leaflet. You may also take paracetamol according to the instructions in the leaflet.

When you are bleeding, there is a higher risk of infection. Therefore, for the first 2 to 3 weeks after the treatment and for as long as you are bleeding, we recommend that you:

- do not have sex
- do not use tampons
- do not go swimming, use a sauna or take a bath (you may shower)

Possible complications and side effects

You may experience side effects after ending the pregnancy with medication. Always contact us if you:

- bleed heavily. We consider bleeding to be heavy if you soak through more than 2 sanitary pads within 2 hours
- develop a fever above 38°C
- feel dizzy or feel as though you may faint
- still have persistent pain 24 hours after the pregnancy has ended and Naproxen and/or paracetamol do not provide enough pain relief

Please also contact us if you:

- feel that nothing has happened within 48 hours after using the medication
- are unsure whether the pregnancy has passed completely

Checking that the pregnancy has ended

In approximately 1% of medication treatments, bleeding occurs but the pregnancy continues. You will be offered a follow-up appointment for an ultrasound scan after the treatment. This allows us to check whether the treatment was successful. There will also be time to discuss how you experienced the treatment and the ending of your pregnancy.

If you choose not to return for a follow-up appointment, take a pregnancy test at home 3 weeks after the treatment. If the test is still positive, please contact us immediately.

Contraception after the treatment

You can become pregnant again soon after ending a pregnancy. We therefore recommend that you consider contraception. You can discuss the options with your doctor.

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.

Questions

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

DC Klinieken

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