

# Instructions for medical abortion

(Please keep this sheet in a safe place)

Name: .....

**Step 1.** After counselling and after your pregnancy has been confirmed by the doctor, you will be provided with 200mg **anti-progesterone** tablet to take while at the clinic.

Taken on: Date .....

Time.....

- ◆ Eat lightly and drink plenty of water.
- ◆ If nausea is a problem, take the anti-nausea medication provided. A **Maxolon** tablet may be swallowed with water. Repeat every eight (8) hours as needed.
- ◆ Wait at least 34 hours (but not more than 46 hours) before proceeding to Step 2.

**Step 2.** Date.....

Time.....

(at least 34 hours after, but not more than 46 hours after Step 1)

- ◆ Take two (2) **ibuprofen** 200mg tablets (for pain relief) in preparation for using prostaglandin-like medication.
- ◆ If you would like to prepare with additional pain relief, you can take two (2) **paracetamol** tablets as well as the ibuprofen tablets.
- ◆ Wait two (2) hours before proceeding to Step 3.

**Step 3.**

Date.....

Time.....

(two (2) hours after date and time of Step 2 and therefore 36-48 hours after Step 1)

Take four (4) prostaglandin-like tablets as directed below by the doctor. (These tablets will cause uterine cramping and bleeding so you will need to be in a private setting with the support of a trusted person)

- Place four (4) **Prostaglandin-like** tablets between your cheeks and teeth on both sides of your mouth, (two (2) tablets on each side) allowing them to dissolve slowly. You can swallow any remaining residue after 30 minutes.

- ◆ Continue using pain relief (see Step 2) every four to six (4-6) hours as needed. If nausea persists, continue using Maxolon every eight (8) hours as needed.
- ◆ You must use **sanitary pads**, (not tampons) to allow you to track how much bleeding you have during this stage of the treatment.
- ◆ You must not have sexual intercourse for two (2) weeks after your procedure
- ◆ You should not use tampons, spas, take a bath or swim in a pool for two (2) weeks after your procedure

**PLEASE TURN OVER**

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If the miscarriage does not commence within six (6) hours of Step 3, it may be necessary to use more prostaglandin-like medication the next day. Please contact Gynaecology Centres Australia (GCA) if you think you may need to do this or you have any concerns, (02) 43 245 176 (24 hrs) or 0412 394 502 (Dr Heckenberg).

Please notify us if you have a fever or feel generally unwell (worse than having a regular "cold" or "flu"). A GCA representative will contact you 48-72 hours after the administration of prostaglandin-like medication to assess progress and possible complications.

Please discard any unused tablets by flushing them down the toilet and keep them away from children. Do not give tablets to any other person, especially a pregnant woman, as these tablets may cause foetal abnormalities or miscarriage.

**Step 4** Follow-up tests to ensure that the pregnancy has ended.

At the time of your initial visit to the clinic, you will have agreed to follow up.

- Return to one of our 5 clinics  
(insert date and time)

Date.....

Time.....

Clinic Location.....

for an ultrasound scan to check the pregnancy has ended.

And

- Have a follow-up blood test taken at a pathology collection centre at (insert name and location)

.....  
on (insert date)

Date.....

Call Gynaecology Centres Australia for blood test result on

Date.....

If the scan or blood test indicates the medical abortion has failed, a booking will be made for a surgical procedure.

**Caution: Prostaglandin-like medication is known to cause foetal abnormalities in cases where pregnancies have continued. Because of this risk, women with a failed medical abortion are strongly encouraged to have a surgical abortion.**

**If you have any problems, call GCA:**

**Telephone: (02) 43 245 176 (24 hrs).**

**Dr Heckenberg: 0412 394 502**

If the phone diverts to voicemail, leave your name, phone number & a brief message. Your call will be returned as soon as possible.