**Patient information**

**Pregnancy termination after the 12th gestation week**

You have been given one Mifegyn® tablet which will start the medical termination. You may experience bleeding and mild stomach pains over the next few days. . If you vomit within 2 hours of taking the tablet, you must come back and take a new one. If you feel nauseous, you can be given a prescription for tablets to stop you feeling nauseous.

* Live life as usual - there is nothing stopping you going to work.
* If you need a painkiller you can take Ibuprofen or Paracetamol or Naproksen.
* Use a sanitary pad, not a tampon when bleeding.

**Attending for treatment**

**Treatment on spesialpost (Special Ward) 7H:**

Attend on\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_at 21:00 at KK specialpost (Special Ward) 7H, 7th Floor Sydbygg (South Building).

* After being welcomed in the department you will be given a room where you will sleep.
* At 04:00 in the morning you will be given Cytotec tablets that you place in your vagina. Afterwards you will be given Cytotec tablets every 3 hours until the abortion is finished.

**Treatment on gynekologisk sengepost (Gynaecology Bed Ward) 4AC:**

Attend on\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_at 07:30 at KK Bed Ward 4AC, 4th Floor Østbygg (East Building).

* When you attend at 07:30 in the morning you will be given Cytotec tablets that you place in your vagina. Afterwards you will be given Cytotec tablets every 3 hours until the abortion has finished.

**What happens next**

* You will be given painkillers if you need them, but they will not relieve all the pain. The pain can be quite strong while the uterus is working to expel the pregnancy.
* The fetus is large enough that you may be able to see it.
* If the abortion isn't completed using tablets, you will need to have a D&C to remove tissue from the inside of the uterus.
* You can wear your own clothes during your stay on the ward. Bring slippers, a dressing gown and something to read with you.
* You will need to stay in the department for about 24 hours, until the following evening.
* You cannot drive home yourself because the medicines you take while you are here can make you tired.

**After the abortion you should be aware of the following**

* You may have period-like bleeding that gets lighter and discharge for up to 4 weeks after an abortion. Use sanitary pads, not tampons.
* Contact Kvinneklinikken (Dept. of Obstetrics and Gynaecology) if you bleed heavily or with clumps for several days (soaks more than 6 night pads in 2 hours).
* Period-like pain is normal. Contact us if you have severe pain that is not relieved by Paracetamol or Ibux, or if you have a temperature above 38°C.
* Your periods should start again 4-6 weeks after the abortion. The first period is often heavier and lasts longer than normal.
* You should avoid intercourse and swimming while you are bleeding.
* If you are starting on the contraceptive pill, you can start the day after the abortion.
* The need for a sick note will be assessed in each case.
* The fetus will be placed in an anonymous memorial unless you request otherwise.
* If you need a follow-up consultation, you can have an appointment in fødepoliklinikken (Obstetrics Outpatient Clinic), or with your GP.

**Contact information Kvinneklinikken (Department of Obstetrics and Gynaecology):**

Spesialpost (Special Ward) 7H   
**(+47) 51 51 92 09**

Gynekologisk poliklinikk (Gynaecology Outpatient Clinic) 08.00-15-00 weekdays:   
**(+47) 51 51 93 85**

Gynekologisk sengepost (Gynaecology Bed Ward) 4AC after 15:00 or at the weekend:   
**(+47) 51 51 82 92**

Kvinneklinikken, March 2017  
[www.sus.no/kvinneklinkken](http://www.sus.no/kvinneklinikken)