**Patient information**

**Pregnancy termination medical abortion**

**(gestation weeks 9-12)**

You have been given a tablet Mifegyn® which will start the abortion. 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 the Day Clinic**

Attend on\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at KK post (Ward) 4AC, 4th floor Østbygget (East Building).

* You should eat breakfast before you come here.
* In the department, you will be given Cytotec® tablets which you must place in your vagina
* You will need to stay in the department for 6-8 hours. In some cases the treatment will take longer and it may be necessary to stay overnight.
* After 3 hours, you will be given two more tablets that you place under your tongue. These are given every 3 hours (maximum 4 times)
* 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.
* You must use a bedpan every time you want to go to the toilet. You will get this from the nurses in the department and is to ensure that you have passed the pregnancy before you go home. It is possible that you may be able see the fetus.
* 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 a change of clothes with you.
* 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.
* Could you still be pregnant?

You have been given a pregnancy test kit. It is important that you take this pregnancy test 4 weeks after the abortion to make sure that the pregnancy has ended.

If the pregnancy test is positive or you suspect that you are still pregnant, you must contact gynekologisk poliklinikk (Gynaecology Outpatient Clinic) or your GP. A blood test will be taken and you will be given a follow-up appointment.

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

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

Post (Ward) 4AC after15:00 or at the weekend:   
**(+47) 51 51 82 92**

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