

## Medical Miscarriage Management – Take Home Instructions

### How to Prepare

- Insert 4 misoprostol tablets as directed by your doctor.
  - *Buccal*: Rinse your mouth out with water. Place 2 misoprostol tablets between your gums and cheek on each side (4 tablets total). Let the tablets dissolve. After 1 hour, swallow the tablet parts that are left with a sip of water. Do not eat, drink, or chew gum while the tablets are dissolving.
  - OR**
  - *Vaginal*: Moisten the 4 tablets with a little bit of water and use your finger to insert them as high up into the vagina as possible. Sit or lie down for 30 minutes after placing the tablets so they don't fall out.
  
- Because the medication will cause you to have bleeding and cramping (and possibly nausea or diarrhea), arrange for the following:
  - Time off from work
  - Child care for the day
  - A support person
  - Heating pad or hot water bottle
  - Fluids and light foods (water, ginger ale, broth, jell-o, crackers, etc.)
  - Menstrual/ period pads

### What to Expect

#### *Bleeding*

Most women will have bleeding that starts within 1-4 hours of taking the misoprostol. You should expect bleeding that is heavier than your normal period. You may pass blood clots (some clots may even be the size of lemons or oranges). The bleeding should be heaviest during the first several hours and should then decrease. There is a very small risk of excessive bleeding, which may require you to have a surgical procedure (D&C) or receive other medical treatment. If you do not have any bleeding within 12 hours of taking the misoprostol, please call us.

#### *Cramping*

It is normal to have cramping. More severe lower abdominal cramping may last for several hours when the pregnancy tissue is passing out of the body. After the pregnancy passes, the cramping should decrease. Take pain medications as prescribed and use a heating pad or hot water bottle as needed.

#### *Pregnancy tissue*

You may pass the pregnancy tissue at an unexpected time or place. Most women will not see an embryo pass (a 7 week embryo is smaller than a grain of rice). You may see a blood clot or a small white clump of tissue.

#### *Other side effects*

Fatigue, nausea, stomach upset, and diarrhea are common. These symptoms should go away within a few days.

### *Menstrual cycle (periods)*

After the initial bleeding, you may continue to have light bleeding or spotting for several weeks. Your first period may be lighter or heavier than usual. Your periods may be irregular for the first few months.

### *Contraception (Birth Control)*

Most women are able to become pregnant again very quickly after a miscarriage, usually before they have had their next menstrual period. If desired, you can start your birth control method the day after you take the pills (or as directed by your doctor).

### *Exercise & Rest*

Most women prefer to take it easy for a few days after a miscarriage. You should not exercise strenuously for the first week (running, tough work-outs, etc.), as cramping or bleeding may happen. Let your body be your guide.

### *Feelings*

Women experience a variety of emotions when they are pregnant and when they have a miscarriage. Some of these feelings may be stronger because of the hormonal changes. If you are feeling consistently sad or distressed, please contact us.

### Things to Avoid

- Avoid aspirin and alcohol until your follow-up appointment, because these may increase your bleeding and worsen stomach upset.
- Do not use tampons for 2 weeks and until seen for follow-up (use pads instead).
- Don't have sex for at least 2 weeks and until seen for follow-up.
- Don't soak in a tub bath or spa, or go swimming for 2 weeks (showers ok).

### Follow-Up

**You must be seen for a follow-up appointment and ultrasound in 2 weeks (or as directed by your doctor). This is the only way to confirm that the pregnancy has passed completely.**

### Contact us

- Contact us right away if you have:
  - Bleeding that is more than 2 completely soaked pads per hour for more than 2 hours in a row.
  - Persistent feelings that you might pass out or faint.
  - Pain that is uncontrolled with medications, rest, and heating pads.
  - A fever higher than 100.5F.
  - Severe vomiting or diarrhea lasting more than 4-6 hours.
  - Symptoms of an allergic reaction (rash, shortness of breath).
- If you are having an emergency, please go to an emergency room.
- Please call the office during business hours Monday-Friday:
  - Pali Women's Health Center: 808-261-6644
- After business hours, and on weekends and holidays, you can call the office and leave a message for the on-call provider at the same number: 808-261-6644.