Patient Instructions: Medication Management of Miscarriage

Instructions:

- Arrange a time and space where you will be able to rest with minimal responsibility
- Ensure you have a support person to accompany you during this process
- After a meal and being well rested, take 600 – 800 mg Ibuprofen
- Misoprostol comes in 200 mcg pills. Place between your cheeks and gums, 2 on each side, and keep it there for 30 minutes and then swallow the remainder. Alternatively, you may place the misoprostol in your vagina up high. You may lay down for 20-30 minutes after placement to insure they don’t fall out.
- Continue to take ibuprofen 600-800 mg every 6-8 hours for the first 24-48 hours and as needed. Take additional pain relief as prescribed and as needed.
- If you do not start to have bleeding and cramping within 12-24 hours, you may repeat the process and use 4 more misoprostol pills (800mcg in your cheeks/vagina). (Call your healthcare provider if you need these.)
- Avoid tampons, sex, hot tubs and swimming pools for 1 week. Do not douche or use vaginal sprays.
- There is a small risk your miscarriage will not be complete after 1 or 2 doses of misoprostol and you may need more medicine or an aspiration procedure in the office.

What to expect:

- Expect bleeding and cramping to begin 1-4 hours after inserting pills and peaks over the next 1-4 hours.
- There may be blood clots - contact us if they are as large as a lemon
- The actual pregnancy may be too small to see
- This bleeding and cramping may be more than you get with a period.
- Your bleeding should lighten and lessen in the days after your miscarriage
- Your next period should return around 4-8 weeks, but it may not be like a normal period; fertility may return at 2-3 weeks
- Bleeding usually stops after 2-3 weeks
- Some women get nausea, diarrhea or chills soon after using misoprostol, this should resolve within 24 hours
- Some women get a fever after using misoprostol. If this fever lasts longer than 8 hours, please call us
- Pregnancy tests may not be negative until 4 weeks after a complete miscarriage

Grieving:
Women and their partners have an entire range of emotions in response to their pregnancy loss. It is important to take care of yourself, surround yourself with support and be gentle with yourself and each other.
Contact provider at ______________ 24 hours a day with any questions or concerns, especially if:

- Too much bleeding (soaking 2 regular pads in an hour for 2 hours in a row)
- Heavy bleeding or painful cramping lasts more than 4 hours
- Fever by oral temperature is greater than 100.4°F (If persisting more than 8 hours after misoprostol dose)
- Fainting, significant fatigue or weakness
- Blood clots as large as a lemon
- Lower abdominal pain and feeling ill in the days after the cramping and bleeding are over
- Signs of infection including pain (other than cramping) in the low abdomen, foul-smelling vaginal discharge and/or fever as described above
- Pain that cannot be managed at home with prescribed medications

Follow-up: Return to the clinic in 1-2 weeks:

on __________________ at ________.
Patient Instructions: Aspiration Management of Miscarriage

Instructions before your appointment:
- Please come to your appointment well rested and hydrated and after a light meal
- You will be given prescriptions that you need to fill in advance, please bring the medications with you to your appointment. You will take these after you are counseled and sign your consent form.
- You may have a support person with you during the procedure
- You will need to arrange a ride home from the clinic

What to expect at your appointment:
- 15 minute appointment to review the procedure, sign the consents, and to take your pre-medications
- Wait 30 minutes – 1 hour
- 30 minute appointment for the procedure (you may have a support person in the room with you)
- Plan to stay in the clinic approximately 30 minutes after the procedure to be monitored

Instructions after your appointment:
- At home afterward, take all prescribed medicines as instructed, taking pain medicine 3-4 times a day if you need it
- Heating pad, hot bath, and massage may be helpful for cramps
- Avoid tampons, sex, hot tubs and swimming pools for 1 week. Do not douche or use vaginal sprays.

What to expect in the following days and weeks:
- Expect bleeding and cramping to gradually taper after aspiration of your miscarriage. It may be light bleeding or more like a heavy period. Can last from a few days to a couple weeks.
- Small clots are normal
- Your next period should return around 6-8 weeks; fertility may return as early as 2-3 weeks
- Bleeding usually stops after 2-3 weeks
- Pregnancy tests may not be negative until 4 weeks after aspiration of your miscarriage

Grieving:
Women and their partners have an entire range of emotions in response to their pregnancy loss. It is important to take care of yourself, surround yourself with support and be gentle with yourself and each other.
Contact provider at ____________ 24 hours a day with any questions or concerns, especially if:

- Too much bleeding (soaking 2 regular pads in an hour for 2 hours in a row)
- Fever by oral temperature greater than 100.4°
- Signs of infection including pain (other than cramping) in the low abdomen, foul-smelling vaginal discharge and/or fever as described above
- Fainting, significant fatigue or weakness
- Blood clots as large as a lemon
- Intense cramping not being managed by your pain medicine
- Pain that cannot be managed at home with prescribed medications

Follow-up: Return to the clinic in 1-2 weeks:

on ____________________ at ___________.