

Production

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Medical abortion

Information leaflet

How should you prepare?

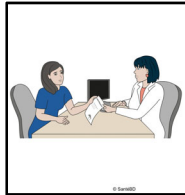
Plan to have someone close to you with you when you take the second medication (misoprostol).

How does a medical abortion take place?

Medical visit

At your appointment with the doctor, you will be given:

- a kit containing the medications for the abortion;
- a prescription for medications to relieve pain and nausea;
- a medical certificate for time off work, if necessary.



References

CHU de Québec Université Laval (2023, 18 août). *Avortement médicamenteux*.

<https://www.chudequebec.ca/patient/maladies-soins-et-services/traitements-et-examens/traitements/avortement-medicamenteux.aspx#:~:text=C'est%20une%20interruption%20de,la%20mif%C3%A9pristone%20et%20le%20misoprostol>

CHUM (2023, mars). *L'avortement par médicaments*.

<https://www.chumontreal.qc.ca/sites/default/files/2023-04/588-2-avortement-par-medicaments.pdf>

Dunn, S., Renner, R., Costescu, D., Bois, G., Chan, M., Luhning, K., Paw, J., Sriram, P. et Thorne, J. (2024, 4 avril). *Programme de formation sur l'avortement médical 2.0* [notes de cours]. Société des obstétriciens et gynécologues du Canada.

https://www.sogc.org/fr/fr/rise/Events/event-display.aspx?EventKey=MATP2_FR

Linepharma International Limited (2019, 15 avril). *Monographie de produit incluant les renseignements pour les patients sur les médicaments. MIFEGYMISO*. [\[Modèle de monographie de produit – Norme\] \(hres.ca\)](#)

Resources

SOS Grossesse (Free and confidential)

- 1 877 662-9666
- sosgrossesse.ca/en

Grossesse-Secours

- 514 271-0554
- www.grossesse-secours.org/

Sex and U (Society of Obstetricians and Gynaecologists of Canada)

- www.sexandu.ca/en/

Ça se planifie.ca (contraception)

- www.caseplanifie.ca

Info-Santé and Info-Social

- Call 8-1-1

Psychosocial Services at your CLSC

- www.santemonteregie.qc.ca/services/services-psychosociaux

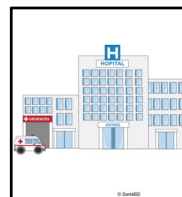
Images from www.santebd.org and LinePharma.

What to know before taking the medication



Before taking the medications to end your pregnancy, obtain the pain relief and anti-nausea medications from your pharmacy.

If you are not sure about ending your pregnancy, do not start the treatment. The medications you will take will cause irreversible harm to the embryo.



If needed, 7 to 14 days after taking the medications, we suggest that you have access to a clinic or the emergency room.

Did you take a medication to end your pregnancy at a different time than prescribed by the doctor? Contact the family planning clinic right away.



Did you vomit within one hour after taking a medication to end your pregnancy? Contact your community pharmacist to find out what steps to take.

Taking the medication

You will take two medications at home, in two steps.

Step 1: Taking mifepristone (green box)

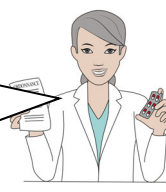


Take the mifepristone tablet with a large glass of water at the time set by your nurse or doctor.

Step 2: Taking misoprostol (orange box) (24 to 48 hours after mifepristone)



30 minutes to 45 minutes before taking misoprostol, take one of the prescribed pain relief and anti-nausea medications. Follow your doctor's or pharmacist's recommendations



Take the 4 misoprostol tablets by mouth. Place 2 tablets on each side of your mouth, between the lower gums and cheeks, for 30 minutes. Then swallow any remaining pieces of the tablets with a little water.

Contact information

You can reach the family planning clinic where you are followed, Monday to Friday, between 8 a.m. and 4 p.m.



Hôpital Charles-Le Moyne

- 450 466-5000, extension 2628

CLSC Saint-Hubert

- 450-443-7455

Outside these hours, call 8-1-1.

Take care of yourself after the abortion

After this process, it is normal to experience a wide range of emotions. These feelings may vary from one woman to another.

It is important to acknowledge these emotions, respect your own pace, and reach out to a resource or a loved one if you feel the need (see the *Resources* section at the end of this leaflet).

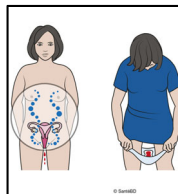
If your pregnancy is between 9 and 10 weeks, the doctor will prescribe a second dose of 4 misoprostol tablets to be taken the same way, 4 hours after the first dose.



Expected effects and side effects

The effects are mainly caused by misoprostol (Step 2).

Expected normal effects:



Vaginal bleeding begins within 4 hours after taking the medication. This bleeding is usually heavier than a normal period and lasts about 4 to 6 hours.

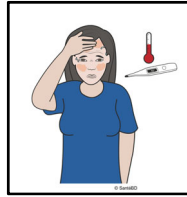
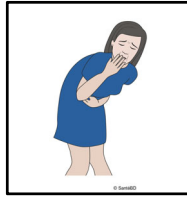
It may be accompanied by clots, sometimes as large as a lemon. The embryo, which is no longer viable, passes from the uterus along with the bleeding. You may notice it if the pregnancy is at a more advanced stage. Afterward, the bleeding gradually decreases and may last for 2 to 4 weeks.

Did you have no bleeding 24 hours after taking the first dose of misoprostol? Go to your pharmacy to obtain a second dose of 4 tablets. As soon as you return home, take these tablets the same way as the first dose.



Expected effects and side effects (suite)

Cramps and lower abdominal pain are common and often more intense than menstrual cramps. You will feel them in the hours following the intake of misoprostol. They will be stronger during heavy bleeding and may persist for a few days.



Possible side effects you may experience:

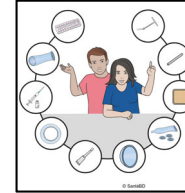
- nausea and vomiting
- diarrhea
- fever and chills
- dizziness
- headaches

Pregnancy symptoms:

- They may last up to one to two weeks after taking the medication.
- A pregnancy test may remain positive for up to 6 weeks after the abortion.

Contraception and fertility

If you do not want to become pregnant again?



Since you will be fertile soon after the procedure, you should start using a reliable method of contraception as early as possible.

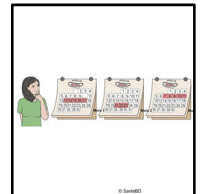
In addition, because most contraceptive methods take 7 days to become effective, you must use condoms during the first week after starting contraception.

If you want to become pregnant again?

It is recommended to wait for one normal menstrual cycle before a new pregnancy, in order to avoid potential exposure to mifepristone or misoprostol.

When will your normal cycle return?

Your normal cycle will gradually come back. Your next period should occur 4 to 6 weeks after the treatment. Your period may be heavier than usual or include blood clots.



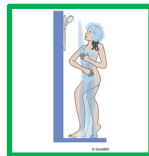
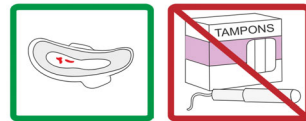
What precautions should you take after a medical abortion?

You may resume your normal activities the day after taking misoprostol.

Infection prevention

For 7 days following the intake of mifepristone (step 1):

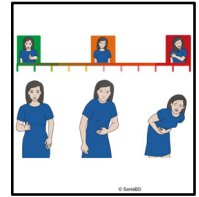
- Use sanitary pads rather than tampons or a menstrual cup.
- Do not insert anything into your vagina (penis, fingers, suppositories, objects).
- Do not use vaginal douches or vaginal deodorants.
- Take showers instead of baths.
- Avoid swimming in lakes, pools, or using hot tubs.



Pain relief

To improve your comfort, you can:

- apply heat (hot water bottle or heating pad) to your abdomen;
- breathe slowly and deeply;
- change positions;
- walk.



If needed, take the pain medication as indicated on your prescription.

Follow the recommendations given by your doctor, nurse, and pharmacist.

Do not exceed the prescribed doses.

Follow-up



A follow-up appointment (by phone or in person) is scheduled 7 to 14 days after taking mifepristone. This is **mandatory** to confirm the abortion is complete. If it is not, a surgical procedure may be necessary.

If desired, an intrauterine device (IUD) or contraceptive implant can be placed at the follow-up visit.

A blood or urine pregnancy test should be done after the abortion. A home urine test can be done at the time specified by the doctor, and the nurse will contact you to confirm the result.



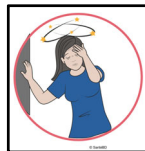
What warning signs should you watch after a medical abortion?

Go to the Emergency Department if you experience one or more of the following symptoms:

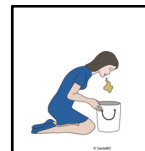


Heavy bleeding, defined as:

- 2 sanitary pads soaked per hour for more than 2 consecutive hours;
- passing blood clots the size of a tennis ball (greater than 5 cm in diameter)



Dizziness, light headedness, weakness, or loss of consciousness following heavy bleeding



Vomiting for more than 4 hours with inability to keep water down

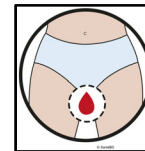


Cramps and abdominal pain not relieved by prescribed medication

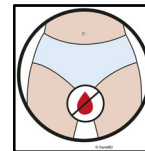


Persistent fever (oral temperature above 38.2°C/100.8°F for more than 6 hours)

Contact the family planning clinic if you experience any of the following symptoms (see the Contact Information section of this leaflet):

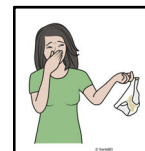


Bleeding that continues after 4 weeks



No return of menstruation after 8 week

Consult your healthcare provider or call 8-1-1 if you have:



Foul-smelling vaginal discharge