



Treatment for miscarriage with medication

The treatment for miscarriage consists of a drug called Cytotec (misoprostol). Sometimes a Mifegyn tablet is used 24 hours before the treatment. It is preferable to start the treatment in the morning so it will not disturb your sleep. The tablets cause contractions of the uterus opening of the cervix. This may cause pain and it should start to bleed.

Sideeffects of Cytotec can be flu like symptoms, a mild rise of body temperature ($< 38^{\circ}\text{C}$), nausea and diarrhoea. Possible side effects should pass within 12 hours. You should not be alone during the treatment, have an adult present.

Painkillers

- Ibuprofen and paracetamol is recommended for pain relieve if there are no contraindications for use.
- The maximum dosage for ibuprofen is 400 mg four times every 24 hours.
- The maximum dosage for paracetamol is 1000 mg four times every 24 hours.
- To prevent pain it is recommended to take painkillers at the same time you insert the Cytotec tablets.

Vaginal bleeding

- Vaginal bleeding should begin within 3-4 hours but might be delayed for up to four days.
- The amount of bleeding is individual, it is normal to have intense bleeding with blood clots.
- After the bleeding starts it is recommended that you keep moving about and walk around your home at least twice every hour. Remember to drink a lot of water.

Recommendations following treatment

- While bleeding is at its maximum it is recommended that you stay home from work, normally the first 24 hour period.
- Showering is recommended. Do not use a bathtub, swimmingpools or hot tubs while bleeding.
- Avoid sexual intercourse during vaginal bleeding.

- Only use pads. Do not use tampons nor menstrual cups while bleeding continues.
- Mild menstrual cramps are common during the first 1-2 weeks following the treatment.
- It is normal that vaginal bleeding continues for up to 2-3 weeks after the treatment. The next menstrual period should start after 4-6 weeks and may be more intense than normally.

Follow up

You will receive a protocol for you to follow five weeks after the treatment.

There is reason to call the hospital ward if:

- Intensity of bleeding is such that a large pad becomes saturated with blood (a night pad or similar) within 30 minutes, during a time period that lasts for more than two hours.
- A new type of pain appears in the abdomen.
- Pain does not respond to painkillers and does not subside even though vaginal bleeding has stopped.
- Body temperature exceeds 38°C.

Contact information

The Gynecology Outpatient ward 21AM is open Monday to Friday between 8:00-16:00, tel. 543-3224.

If you need urgent assistance outside these hours, that cannot wait until next day, you can call 543-1000 and ask for Gynecology Department 21A.

In case of emergency please call 112.