

Medical termination of pregnancy at home

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The pregnancy can be terminated by using medication. If the gestational age is confirmed to be five to nine weeks, the treatment can be done at home. The treatment can be started as soon as the gestational age has been confirmed by ultrasound.

You need to be located within 60 minutes from the hospital and to be accompanied by an adult on the third day of the treatment. This is necessary in case of emergency. If either one of these requirements cannot be met, it is possible to stay in the gynecological ward for the same treatment. This, however, needs to be scheduled in advance.

The treatment process

The treatment consists of two steps and the length of the process is three days.

Day one: _____

One tablet of Mifepriston (Mifegyne) 200 mg is taken by mouth in presence of a nurse in the gynecological outpatient ward. Mifepristone increases the efficacy of misoprostol (Cytotec) taken on day three. You will receive four tablets of Cytotec to be used on the third day.

Day two: _____

It is possible to feel side effects like nausea, abdominal pain or light vaginal bleeding. Pain medication can be taken as needed. It is safe to go to work or school.

Day three: _____

At 7:00 a.m. Ibuprofen 400 mg and Parasetamol 1 g are taken. At the same time four tablets of misoprostol (Cytotec) are inserted deep into the vagina. The tablets cause contractions in the uterus and soften the cervix. Resultingly, lower abdominal pain is felt and vaginal bleeding starts. Common side effects are flu-like symptoms, a mild increase in body temperature (less than 38° C), nausea and diarrhea. The side effects, however, should pass after about 12 hours.

Pain relief during the treatment

- On day three, we recommend taking pain medication every six hours for pain relief. One tablet of Ibuprofen 400 mg together with two tablets of Paracetamol 1g (if no known allergy for these medications).
- Using a warm cloth on the abdomen.
- It is recommended to move around 2-3 times every hour, and to drink at least one liter of fluids during the day.
- If recommended pain relief is not working, the gynecological ward should be contacted using telephonenumber 825 3739.

Vaginal bleeding

- Normally, bleeding starts approximately 3-4 hours after inserting the misoprostol tablets into the vagina.
- The amount of bleeding can vary from one person to another, but it is normal to have heavy bleeding with blood clots for a short period of time.

Follow up on the third day of treatment

A nurse will be available for consultation during the treatment using the telephone number: 825 3739. Please call if any questions arise or more information is needed. If little or no bleeding has occurred 5-6 hours after the misoprostol insertion, two additional misoprostol tablets need to be inserted. The tablets will need to be picked up from the gynecological ward.

Contact the ward in case of:

- If the bleeding fills a large pad (night pad) within 30 minutes for more than 2 hours.
- A different abdominal pain arises.
- The pain is not eased when taking the standard pain medications.
- Body temperature higher than 38,0° C.

The first few weeks after treatment

- While bleeding is heavy it is recommended to stay at home usually for the first 24 hours.
- Because infection risk, we advice only to use a shower during the period when it bleeds. Do not use a bathtub, hot tub or swimming pool.
- Vaginal bleeding for about 2-3 weeks after treatment is normal. Next normal menstruation should start after 4-6 weeks and can be a little heavier than usually during the first menstruation after the treatment.
- Avoid sexual intercourse during vaginal bleeding.
- Sanitary pads should be used exclusively during the bleeding. Do not to use tampons or a menstrual cup.
- It is normal to have menstrual cramps or mild pain for 1-2 weeks after treatment.
- It is usually possible to go to work or school on the fourth day.

Follow up 5 weeks after the treatment

Five weeks after treatment, pregnancy test needs to be taken and a questionnaire you will have received filled out.

- If all three questions are answered with „Yes“ there is no need for a follow-up appointment.
- If any of the questions is answered with „No“, please contact our gynecological outpatient ward at tel: 543 3224 during office hours.

Birth control after treatment

- Ovulation will occur soon after the treatment, before next menstruation. To avoid pregnancy it is necessary to use birth control when intercourse is resumed.
- If birth control pill will be used, we advice starting the intake on day three of the treatment. The same applies for the birth control ring.
- If intra-uterine device (IUD) will be used, it is possible to insert it one week from treatment or after next menstruation.
- The doctor will fill out a prescription for birth control which can be bought from the nearest pharmacy.

Contact information

The Gynecology Outpatient ward 21AM is open Monday-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.

In case of emergency situation please call 112.