

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 _____ .