

Mifegymiso Patient Handout



Mifegymiso is a combination of 2 medicines:

Mifepristone: is an anti-hormone that blocks progesterone

Misoprostol: helps the uterus push out the contents of the pregnancy

How to take Mifegymiso

You must take the medicines in 2 steps:

STEP 1: Open the BLUE/GREEN box (mifepristone). Swallow the 1 tablet with water

STEP 2: 24 to 48 hours (1 to 2 days) after you take the mifepristone, open the ORANGE box (misoprostol)

If your doctor has instructed you to take misoprostol by mouth:

1. Place 2 tablets in each cheek, between your teeth and cheek (4 tablets total)
2. Hold the tablets in your cheeks for 30 minutes. Do NOT eat or drink during this time
3. After 30 minutes, swallow the rest of the tablets with water (they may not fully dissolve)

If your doctor has instructed you to take misoprostol vaginally:

1. Empty your bladder and wash your hands
2. Push the 4 tablets with your finger, one at a time, as far as you can up into the vagina
3. Lie down for 30 minutes after insertion

What should I expect after taking Mifegymiso?

You will usually start to have cramping and bleeding within 1 to 4 hours after taking the misoprostol (ORANGE box). These are normal signs that the treatment is working.

CRAMPING

- Cramping may be mild to severe, especially during the time you are passing the pregnancy tissue
- Cramping usually stops in 2 to 3 days

BLEEDING

- In some cases, bleeding may start 1 to 2 days after taking the misoprostol (ORANGE box)
- Expect bleeding to be heavier than a period initially
- You may pass large clots or white tissue
- Bleeding may last for 2 to 3 weeks, but generally lessens after the first few days

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Other Possible Side Effects

- Headache
- Breast tenderness
- Fainting/dizziness
- Fatigue
- Hot flashes and chills
- Nausea, vomiting and/or diarrhea (this is more likely to happen if the misoprostol is used by mouth and less if used in the vagina)

How do I care for myself?

MEDICINE

To relieve cramping, you may take:

- 500 to 1000 mg of acetaminophen (Tylenol®) every 6 hours, and
- 400- 600 mg of ibuprofen (Advil®) every 6 hours
- It is okay to take these pain medicines at the same time. However, do not take more than 4000 mg of acetaminophen (Tylenol®) and 2400 mg of ibuprofen (Advil®) in 24 hours

To relieve or prevent nausea, you may take:

- 50-100mg of dimenhydrinate (Gravol®) Tablets/Capsules every 4–6 hours as needed
- Maximum: 8 tablets/capsules in 24 hours
- If you vomit after taking the medications, they are still likely to work. If you are worried that you will vomit, you can take Gravol® before taking the medications

ACTIVITY

Until miscarriage is complete:

- Do not insert anything into the vagina, including tampons and intercourse
- Avoid submerging your lower body in water (such as swimming or sitting in a hot tub)
- Shower only

WHEN TO SEEK MEDICAL ATTENTION

- Excessive bleeding (soaking more than 2 large sanitary pads per hour for 2 consecutive hours)
- Severe abdominal pain not managed by the pain medications
- Continued vomiting or if you cannot keep fluids down for more than 6 hours
- A fever greater than 38°C that starts more than 24 hours after taking misoprostol
- A feeling of severe dizziness or fainting, chills or shortness of breath
- Seek care if no vaginal bleeding 48 hours after the misoprostol

FOLLOW UP

Follow-up is very important so that your health professional can confirm the miscarriage is complete and to check for possible complications