

Choices Clinic Early Medical Abortion





Please note

If you are attending for urgent medical attention please show this information to the practitioner

This patient has attended for early medical abortion treatment at Conifer Choices Clinic, 4th Floor Wilberforce Health Centre, 6-10 Story Street, Hull HU1 3SA, Tel 01482 336331/336338

They may or may not have been scanned for gestation, however they will have been assessed to be <9 weeks as per NICE Abortion care guidelines available at [nice.org.uk/ng140](https://www.nice.org.uk/ng140)

Their treatment consists of Mifepristone 200mg PO stat dose followed by Buccal or PV Misoprostol 800mcg 24-48 hours later.

The patient will be able to tell you what medications they have taken. We may not be able to discuss individual patients unless they have provided written/verbal consent prior to treatment.

The patient may also have been commenced on Doxycycline 100mg BD 3 Days to reduce infection risk and given anti-emetic medication orally.

The patient may be accessing your service because of the information provided within this information booklet.

Please read all the information and instructions in your pack before you begin your treatment.

You need to write down the date and time for each stage of the process and you will have a sheet to complete this. Each medication will have a manufacturer's patient information leaflet and it is important to read this before you take your medication.

In your pack you will have the following items:

- Stage 1 medication - Mifepristone
- Stage 2 medication - Misoprostol
- Pregnancy Test with pipette and instruction sheet.

Depending on the consultation you have had with the Choices nurse, you may also have the following in your pack:

- Condoms or progestogen-only pill
- Anti-sickness medication called Cyclizine
- Antibiotic medication called Doxycycline
- A sexual health screen postal kit

You should have picked up your painkillers and sanitary pads yourself, as these are not included.

Check that you have all the items you were expecting in your pack. If you have any concerns about what is in your pack please contact the Choices Clinic before you start.

Symptoms of nausea and vomiting

If the Choices nurse recommended that you have some anti-sickness medication because you are experiencing nausea and vomiting, please take this before you take your stage 1 and stage 2 medications.

Please read the patient information leaflet in the box of Cyclizine - anti-sickness medication, before you take the tablet.

Give the anti-sickness medication approximately 30 minutes to start working before you take the stage 1 or stage 2 tablets.

TIP

If you are experiencing nausea and vomiting, consider taking the stage 2 medication using the vaginal route.

Stage 1 medication - Mifepristone

This will be clearly marked 'stage 1' on the box.

This is x1 tablet which you swallow with water.

If you vomit within **1 hour** of taking this tablet you will need to contact the Choices Clinic to arrange for a repeat dose. (Please be aware of the opening times for the Clinic). If you vomit after the hour has passed you will not need to repeat the dose.

Most women can go about their normal daily activities after taking this medication, but be aware that some may experience some 'spotting' and period pain-type discomfort. Very rarely, a woman will pass the products of the pregnancy after only the first stage medication. If you have passed the products of the pregnancy there is no harm in continuing with the second stage of the treatment.

After 24 - 48 hours have passed since you took the stage 1 medication, you will need to take the stage 2 medication. Check the time that you took your stage 1.

Stage 2 medication - Misoprostol

This will be clearly marked 'stage 2' on the box.

There will be 6x tablets in total.

Take **4x tablets** to begin with **ONLY**.

These tablets are **NOT** to be swallowed. They must be **dissolved** to be the most effective. You can dissolve them in either your **mouth** OR **vagina**.

Choose only **ONE** option.



IMPORTANT!

If you have not had any symptoms or bleeding after 3 - 4 hours of taking the stage 2 medication – **PLEASE TAKE THE 2 EXTRA TABLETS.** Remember these are only to increase the dose, not to replace a dose if you have vomited.

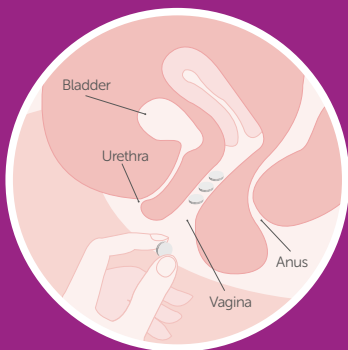
If you have vomited after dissolving this medication in your mouth, please be aware that the Choices Clinic is not staffed on Saturdays, Sundays or bank holidays. Someone from the Conifer team will be available for support until 1pm on Saturdays if you need a repeat dose of medication.

Vaginal route for stage 2 – Misoprostol

Insert **x4 tablets** as high as possible in the vagina. The exact position of the tablets is not important provided they do not fall out. You do **NOT** use the other x2 tablets at this stage.

You can put the tablets in while lying down, squatting or standing with one leg up – whatever is most comfortable. If you are not comfortable doing this, use the alternative method; the vaginal method is not

recommended if you have already begun to bleed heavily. You should either lie down for 1 hour after insertion or put in a tampon to ensure the tablets do not fall out.



REMEMBER

Remove the tampon after the hour has passed!

In the mouth (Buccal) route for stage 2 - Misoprostol

Place **x4 tablets** in your mouth between your gums and lip, and allow them to dissolve for 30 minutes. While the tablets are in your mouth, you cannot eat or drink.

After 30 minutes have passed you may have a drink of water and swallow the remainder of the tablets.

If you vomit within 30 minutes of placing the tablets in your mouth you need to contact the Choices Clinic to arrange a repeat dose.



**2 tablets on
each side of
the mouth**

What happens next?

You will start with your symptoms as described by the Choices nurse. The common symptoms are nausea, vomiting, diarrhoea, headaches, dizziness, fever and chills. **This varies from woman to woman.**

You will start to bleed. Your bleeding may be heavy and you may notice blood clots – these vary in size. They can be small like a 5p or as large as a lemon.

You will experience tummy cramps, which is the uterus contracting to help you expel the products of the pregnancy.

You may or may not see the products of the pregnancy. If you don't, don't worry (it can be difficult to see), as long as you had no complications with taking your medications.

If 3 - 4 hours have passed since you took your stage 2 medication and you have not had any symptoms - please **TAKE THE 2 EXTRA TABLETS OF MISOPROSTOL** now.

How long will the bleeding last?

The amount of bleeding varies but most women describe it as 'heavier than a normal period'.

We advise against the use of tampons, as they may slightly increase the risk of an infection.

In the early days following your treatment, use a high absorbency sanitary pad.

Bleeding can continue for up to 6 weeks after a medical termination. It is recommended that you wait until bleeding has stopped before you become sexually active.

IMPORTANT!

If you experience continuous and heavy bleeding (**SOAKING** 2 or more pads in 1 hour) and this continues for 2 hours or longer please seek urgent medical advice.

Ring NHS 111 for advice or dial 999 for emergencies.



When should I start my contraception?

The Choices nurse will have discussed your ongoing contraception, and informed you of what you are eligible for. We may have provided you with condoms or the progestogen-only pill in your pack. If you start the pill the day after stage 2, it will be effective immediately.

If you have delayed starting your progestogen-only pill, you will need to wait until you have taken it for 2 days as instructed before you will be fully protected from unplanned pregnancy.

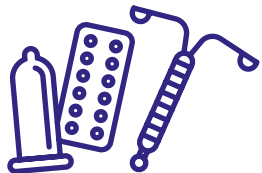
If you have been given condoms, you should use these for any sexual contact after your treatment. Please ensure you attend your contraception appointment to prevent a delay in receiving your chosen method. If you have requested a combined hormonal method of contraception the nurse may need to check your BMI and blood pressure before it is issued.

Long-acting methods

If you have chosen the coil, implant or an injectable method for ongoing contraception, an appointment will have been arranged for you to attend the Choices Clinic.

You will have to wait until at least 4 weeks after your treatment before having a coil fitted. Make sure you have a supply of your chosen bridging method available (usually progestogen-only pill/condoms), as **any unprotected sex may delay your coil fit**, and you may be at risk of another unplanned pregnancy. It is recommended that you have some mild painkillers approximately 1 hour before your coil appointment.

Fertility returns quickly after a pregnancy ends; after just 5 days you are at risk of another unplanned pregnancy.



Antibiotics

If the Choices nurse identified that you would benefit from antibiotics, these should be started on the day following your stage 2 medication.

Please follow the instructions given to you by the Choices nurse.

If you are having severe side effects from the antibiotics, please ring the Choices Clinic as an alternative treatment may be offered. If you experience an allergic reaction to the antibiotics ring NHS111 for advice.

If you are having a **SEVERE ALLERGIC REACTION** dial 999 for urgent medical intervention.

REMEMBER

The antibiotics are a shorter course of 3 days to reduce the risk of infection. They are not intended to treat an infection.



Sexual health screen

If you accepted the offer of a sexual health screen, please do this at home and send it off via the post using the pre-paid envelope provided. The results can take up to 3 weeks to be available and if the results are **POSITIVE** you will require a full course of treatment. This is usually a 7-day course but you should be informed of this and any treatment which has been arranged.



Follow-up

We will contact you around 1 week after your treatment to ensure that:

- You have taken all your medications correctly, without any issues
- You have had the expected symptoms
- You have started your ongoing contraception
- You understand the instructions for your pregnancy test
- If you have **NOT** had an ultrasound scan, you know what to do if you have any concerns regarding your pregnancy test result being **POSITIVE** or **invalid**, as the pregnancy may be **ectopic**
- You have the opportunity to discuss any questions or concerns you may have regarding your treatment, contraception or follow-up.

Pregnancy test

Perform the pregnancy test which was provided in your pack **2 WEEKS** after you took the stage 2 medication.

Any earlier and the test results will not be accurate.

This pregnancy test is a **LOW SENSITIVITY** test, which is different to shop-bought tests as they are **HIGH SENSITIVITY**. A shop-bought test can have a positive result up to 6 weeks after a medical termination. If in any doubt, ring the Choices Clinic, and a repeat test will be arranged.



EMA pregnancy test instructions

Please **DO NOT** do the test before this date:

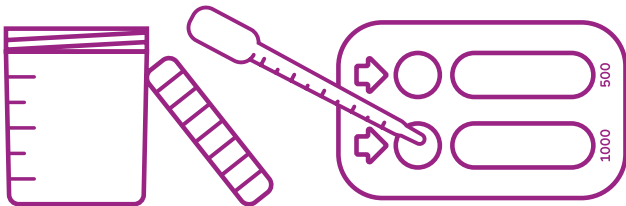
___ - ___ - ___

Dip the tip of the pipette in the urine and squeeze the other end.

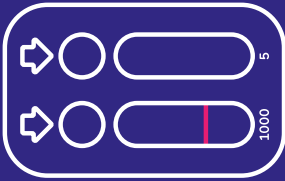
Then release the end and a small amount of urine will enter the pipette.

Squeeze 6 drops of urine into each of the two wells at the top of the slide.

Wait 10 minutes then look at the slide.

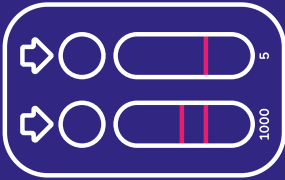


Please **DO NOT** use 'over the counter' pregnancy tests from shops and/or pharmacies; these will not give an accurate result before 6 weeks.



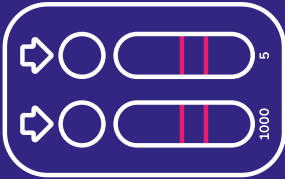
No line in one or both reading windows
= **Invalid test**

Phone for advice



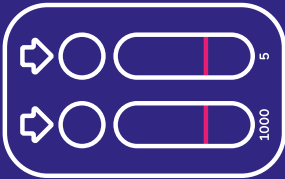
Two clear lines in the '1000' reading window
= **Positive**

Phone for advice

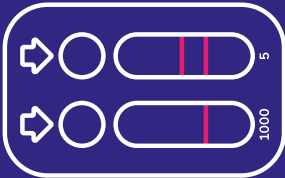


Two clear lines in the '1000' reading window and '5' reading window
= **Potential Positive**

Phone for advice



One clear line in each reading window
= **Negative**



Two clear lines in the '5' reading window and one clear line in the '1000' reading window would be considered **Negative at TWO weeks**

Useful websites

Conifer Sexual and
Reproductive Health
Service

conifersexhealth.co.uk

Family Planning
Association

fpa.org.uk

British Pregnancy
Advisory Service

Tel: **08457 304030**

bpas.org.uk

Marie Stopes Organisation

Tel: **0845 3008090**

mariestopes.org.uk

Royal College of
Obstetricians and
Gynaecologists

rcog.org.uk

These organisations
publish a lot of information
for women, specifically
a leaflet called 'Abortion
care; information for you'.

If you wish to discuss any aspects of your care, or you have any worries or change your mind about having the termination, you can contact the Choices Clinic on:-

01482 336331 (during office hours)

Monday to Friday 08:00 – 17:00

(on Monday and Thursday 08:00 – 20:00)

01482 336338 (out of hours)

For further help or information

The Counselling Service is accessed via a referral from the Choices Clinic. Please ring the Choices Clinic to request the counselling service, and then you will receive a call direct from them.

Alternatively you can make a self-referral to the Let's Talk counselling service – ring **01482 247111** or complete the online referral on the website at **letstalkhull.co.uk**



Provide us with your feedback

If you have given permission to receive the text message link for the family and friends feedback, please complete this to enable us to improve your care and experience. If you did not receive the link you can still provide us with your feedback by going to:

chcpfft.org.uk

Let us know what you think

You can contact a CHCP Customer Care Advisor if you have a comment, concern, compliment or complaint by writing to:

Customer Care Advisor
City Health Care Partnership CIC
5 Beacon Way
HULL
HU3 4AE

chcp.customercare@nhs.net

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