
Patient information

Abortion pill



You can choose the abortion pill treatment up to 9 weeks of pregnancy.

Medication

The abortion pill consists of two types of medication. Together, they ensure the termination of the pregnancy. You will receive the first medication, Mifegyne (mifepristone), at the clinic. The second medication is Cytotec (misoprostol), which you will have to insert vaginally at home two days after taking Mifegyne.

Step 1: Mifegyne

You will take Mifegyne at the clinic. Mifegyne blocks the pregnancy hormone and initiates the abortion. Most people don't notice anything during step 1. Some already experience bleeding and abdominal pain, or nausea. If you vomit within 60 minutes of taking the pill, please call the clinic. You will then receive a new Mifegyne pill.

In rare cases, bleeding starts after taking Mifegyne. Further on in this leaflet you can read what to do if that happens.

Note! Always complete the entire treatment. Even if you think you've lost the pregnancy after step 1, you must still do step 2. Otherwise, there's a high chance that residual tissue will remain, and the bleeding won't stop.

Step 2: Cytotec

You'll be given 4 Cytotec pills to take home. You should take these pills 36-48 hours after step 1, preferably in the morning. For example, if you were at the clinic on Thursday afternoon, step 2 will start on Saturday morning.

It is important that an adult who knows about the abortion stays with you during this step.

First, take painkillers, such as 1000 mg paracetamol and 400 mg ibuprofen.

Then insert all 4 pills into your vagina, as high as possible, as you would do with a tampon. Lie down for half an hour to prevent the pills from falling out. If the pills fall out within 30 minutes, reinsert them. When the pills fall out after 30 minutes, it is not a problem. The active ingredient has already been absorbed.

Cytotec causes the cervix to dilate and the uterus to contract. This expels the pregnancy. This resembles a miscarriage.

Some people bleed immediately after stage 2. For others it might take longer, but usually within a few hours.

Side effects

Cytotec can cause painful abdominal cramps, nausea, vomiting, diarrhea, and chills.

The abortion

The pregnancy is expelled with the bleeding. Sometimes you may notice a white mucus plug in the blood or recognize tissue, but this is not always the case. Consider in advance if you want to look or not. The amount of bleeding varies from person to person. It may be similar to a menstrual period, but it can also be heavier. The bleeding can continue for 2 to 4 weeks, often in varying amounts.

Don't do this!

After the treatment, the cervix remains open some time, which increases the risk of infection. Therefore, please follow these instructions for two weeks:

- No vaginal intercourse
- No use of tampons
- No swimming, bathing (showering is allowed), or sauna use
- No vaginal douches

Heavy bleeding after step 1

You may experience cramping and heavy bleeding after step 1, sometimes with blood clots. You can then start step 2 earlier. You will then take the 4 pills orally, not vaginally.

First, take pain relief, for example, 1000 mg paracetamol and 400 mg ibuprofen.

Place two Cytotec pills under your tongue. Let the pills dissolve for 15 minutes and then swallow the pills.

Wait for 2 hours and then place the other two Cytotec pills under your tongue. Follow the same instructions as for the first two pills.

Important! Call our clinic or your GP if you experience heavy bleeding: more than 4 full large sanitary towels per hour, for a few hours.

Schedule

Activity	Date	Time
 Mifegyne		
 Paracetamol 1000 mg and ibuprofen 400 mg		
 Cytotec (4 tablets)		
 Additional ultrasound		
 Urine test		

Very early pregnancy

In a very early pregnancy, nothing can be seen yet on the ultrasound, or the findings may still be unclear. Sometimes you can already start with the abortion pill. The doctor or nurse will discuss this with you. We will then make an appointment to see you again after one week, when we will do another ultrasound.

With a very early pregnancy, there is a higher chance that the abortion pill does not work. The pregnancy may then continue to grow.

We also sometimes cannot tell yet for certain whether the pregnancy is inside of the uterus. Very rarely, a pregnancy can be located outside the uterus. This is uncommon, but can be dangerous.

That is why it is important that you come back after one week. We will then check whether the treatment has worked and whether you are doing well.

The rest of the treatment is the same.

Pain

Start taking pain relief, at the same time as taking the Cytotec. It is best to use ibuprofen or naproxen. You can combine these with paracetamol. For example, 1000 mg paracetamol and 400 mg ibuprofen. If you can't keep anything down, use suppositories. Read the instructions in the packet carefully.

After the treatment

Most people feel physically well again quickly after the treatment.

You may experience some emotional reactions for a while. This is normal. It can be due to hormonal changes or processing all the events. Take your time. It can be helpful to talk to others about the abortion.

Contraception

You can start using the contraceptive pill, patch (Evra), and ring on the day of step 2, the day you insert the Cytotec pills.

You can have a hormonal implant (Implanon) or IUD inserted once your pregnancy test is negative again and the bleeding has stopped.

Complications

The risk of complications after an abortion pill treatment is low.

Some residual tissue may remain in the uterus. The chance of this happening is 5%. This often causes persistent bleeding or abdominal pain.

It is normal to experience heavy bleeding after taking the abortion pill. Sometimes the bleeding can be excessive: more than 4 full sanitary towels per hour for several hours. If this happens, it is important that you call our clinic or your GP.

Ongoing pregnancy

There is a very small chance (less than 1%) that the abortion pill will not work and that the pregnancy will continue. This is known as an ongoing pregnancy.

However, the medication is harmful to the pregnancy, including a risk of fetal malformations. We therefore recommend terminating the pregnancy.

Contact us if your pregnancy symptoms are more severe after one week after the treatment than they were before the abortion. We will then perform an ultrasound scan.

Breastfeeding

Are you breastfeeding? Tell our doctor.

It is recommended to pump for up to 6 hours after starting step 2 (Cytotec) and discard the milk. This medication can cause abdominal cramps or diarrhea in a baby.

Emotions

An abortion can be a difficult decision. You might feel relieved after the procedure and feel like you made the right choice. But you can also experience feelings of guilt, shame, or regret. Often, it's a combination of both. All these emotions are normal.

If you find it difficult to cope with these emotions, you can get help. Your GP can help, or we can refer you to a professional with extensive experience in this area.

Follow-up

It is important to take another pregnancy test after four weeks. We will schedule a follow-up phone call for you after four weeks. The nurse will call you from a private number to ask if the pregnancy test is negative, how the treatment went, and how you are doing both physically and emotionally.

If your test is still (slightly) positive after four weeks, or if you are still experiencing bleeding, we would like to see you at the clinic. This could be due to residual tissue in the uterus. The chance of this is 5%. You may then be given additional medication or have an instrumental treatment performed.

Frequently asked questions

I have a lot of abdominal pain

Abdominal pain after taking the abortion pill is normal and a good sign. Sometimes it's intense and similar to labor pains. The abdominal pain is caused by uterine contractions. The most intense pain usually stops after a day. Sometimes the pain lasts longer or returns after a few days. Make sure you take appropriate pain medication, such as paracetamol and an NSAID. A hot water bottle can also help.

The pills haven't dissolved and have fallen out of my vagina

The pills often don't dissolve. As long as they have been in the vagina for at least 30 minutes, the active ingredient is absorbed. If they come out after less than 30 minutes, reinsert them.

Can I take the vaginal pills later or earlier?

Stick to the time agreed upon at the clinic. Unless you start bleeding heavily after step 1, then follow the steps in '*Heavy bleeding after step 1*'.

I'm worried I have an infection

An infection comes with a fever. If you think you have a fever, always check your temperature. Is it higher than 38.5°C (100°F) and lasts longer than a day? Then call our clinic or your GP. You may need antibiotic.

I'm having a lot of bleeding with clots

Bleeding can be very heavy when using the abortion pill. Blood clots are normal. Bleeding may last 1 to 3 weeks, and can sometimes stop and start again. Healthy people can lose up to half a liter of blood without any problems.

Call our clinic or your GP if you're bleeding heavily: more than 4 full sanitary towels per hour, for a few hours, or if you starting to feel dizzy.

I've inserted the vaginal pills but nothing has happened yet

It usually takes 1 to 4 hours for the bleeding and abdominal pain to start. But in some cases it might take longer. If nothing happens after 24 hours, there's a chance the treatment hasn't worked. Call us during office hours to schedule a follow-up appointment.

The pregnancy test is still positive

It takes 3 to 4 weeks for the test to become completely negative again. But in some cases it might take even longer. A positive test usually doesn't mean the treatment has failed.

If the pregnancy test is still positive after 4 weeks, call our clinic during office hours for a consultation.

When will I have my next period?

Your next period usually occurs 4 to 6 weeks after starting the abortion pill. Sometimes it takes longer. If you still haven't had your period after 10 weeks, contact the clinic or your GP.

Contact

The clinic can be reached by phone from Monday to Friday, from 8:30 AM to 4:45 PM, to schedule an appointment or for more information about treatment or costs.

Questions?

Call: +31 85 822 07 98

