



Taking Misoprostol

Why did the doctor order Misoprostol?

Taking Misoprostol can soften your cervix, the lower part of your uterus, and start contractions that will empty your uterus. It is important to empty the uterus after a pregnancy loss. If even a small amount of tissue stays in the uterus, it can cause bleeding, cramping, and infection.

If you have any questions or concerns about taking Misoprostol, please ask your doctor, nurse, or pharmacist.

How to take this medication vaginally (put into the vagina)?

1. Wash and dry your hands.
2. Take 4 tablets
3. Put one tablet on your finger.
4. Put a drop of water on the tablet.
5. Put the tablet into your vagina and gently push it up as high as possible.
6. Repeat with the other tablet(s).
7. Rest on your back, in bed, for about 30 min.

What to expect after taking Misoprostol?

Cramping

- It is normal to feel some cramps. The cramps may feel like a period or stronger. Strong cramps should only last a few hours.
- If you are at home you can take pain medication such as acetaminophen (Tylenol) or the medication prescribed by your doctor. Take it as soon as you feel cramps. Don't wait until the cramps are severe.

Other Effects

- You may have dizziness, chills, or shivers, nausea, vomiting, diarrhea or a fever. These effects may last for a couple of days and are usually mild.
- To relieve nausea or vomiting, try eating light meals or drinking only fluids. You may take dimenhydrinate (Gravol), according to the directions on the package.



What to expect after taking Misoprostol ? - continued

Bleeding

- You should expect to have some bleeding from your vagina within 24 hours of taking Misoprostol to empty your uterus.
- The bleeding may be like a period or very heavy with clots. The heavy bleeding is usually only for a few hours. You may also pass some white tissue from your vagina. Some spotting or bleeding like a period may last up to 2 weeks.
- If after 48 hours of taking Misoprostol you have not had bleeding at least as much as your usual period, you may need to use more tablets.
- Please call One Fertility within 48 hours of taking the Misoprostol and let the nursing staff know how you are feeling.

Follow- Up Care after Misoprostol:

Please book your ultrasound a few weeks after you have finished bleeding.

When to call the Doctor

Call your Doctor if you notice any of the following problems:

- The bleeding is heavy enough to soak 2 pads an hour, for more than 2 hours
- The prescription medication (such as Tylenol no. 3) does not control your pain
- A fever – your temperature is over 38.5 degrees Celsius or 101.3 degrees Fahrenheit
- You are concerned about the effects you are feeling.



Experiencing loss and grief

Loss comes in many forms and everyone reacts differently. Living with loss can be hard, especially in the beginning. Any meaningful loss requires us to cope and imagine a new, changed future. Grief is both a feeling and a process that people typically go through after loss. Grieving is a natural and may include:

- strong feelings such as shock, anger, resentment, sadness, guilt, relief, despair
- physical responses like an upset stomach, muscle tension, crying, changes to sleeping or eating patterns, exhaustion, or difficulty concentrating
- a search for meaning which could include turning to religion for strength, questioning traditional beliefs, or looking for new ways of understanding life and death.

There is no right or wrong way to grieve, but some ways may be more helpful than others.

- **Own your feelings.** It's ok to feel whatever you're feeling, to be confused or angry or sad. It's ok to laugh and to cry. Accept your feelings. They may change along the way. With time, the difficult feelings will ease.
- **Express your feelings.** There may be both positive and negative feelings and memories. Find ways to express them. Try to pull them apart and understand them. Journaling, creative writing, drawing or singing may help you to get your feelings out.
- **Share your feelings.** Don't go through this alone. Talk to someone you trust. Let them know how you're feeling. Find help too by connecting with others who've experienced the loss.
- **Find humour in life.** Enjoy a laugh as you normally would. Finding humour in life and being able to laugh can help get you through difficult times. Laughter can break the pain and help with healing. It is good for body and mind.
- **Take care of yourself.** Coming to terms with loss is stressful. Sleeping and eating right can help you feel better. Encourage a regular sleep routine. Yoga or deep breathing can help you relax. Making healthy food choices and eating at regular times will help too. And don't forget to be kind to yourself, and do things you enjoy doing.
- **Move forward.** Bit by bit you'll be able to feel more like yourself, living in the present, planning for the future, and focusing less on your loss. Getting to the other side of grief does not mean you've forgotten your loss.

When to seek help?

Sometimes grief is so intense and overwhelming, or lasts so long, that extra help may be needed to move through it. Signs that it is time to seek some help include:

- not feeling better after several months of grieving
- inability to perform daily activities
- difficulty with, or lack of interest in, school/work
- feeling depressed
- difficulty concentrating
- changes to sleeping or eating patterns
- lack of interest in regular social activities
- deteriorating relationships with family or friends
- substance use, self-harming behaviours or other risk-taking
- acting "strong" on the outside, while denying pain inside

Resources

- [Mental Health Helpline](http://1-866-531-2600): 1-866-531-2600
- Bereaved Families of Ontario – search for your local site
- ONE Fertility support - <http://onefertility.com/patient/emotional-mental-support-resources>