

Early Pregnancy Clinic

MIFEGYMISO (MIFFY-guy-MEE-Soh)

Patient Information

You have been prescribed Mifegymiso for the medical management of your miscarriage. We recognize that this is a difficult time for you and want you to know that we are here to care and support you. We are sharing the following information to help you understand the instructions/directions provided by our physicians/nurses for the medical management of your miscarriage. You can fill your prescription (covered by OHIP) at any pharmacy.

About Mifegymiso

DO NOT take this medication if:

- you have any bleeding disorders
- you are taking an anticoagulant (blood thinner)
- you have severe asthma
- you are taking long-term steroids or have an allergy to Mifepristone or Misoprostol

There are two (2) different medications in the Mifegymiso package: Mifepristone (**Green Box**) and Misoprostol (**Orange Box**). BOTH of these medications are needed for the medical management of your miscarriage.

- **Mifepristone – one (1) tablet in the Green Box**
 - Is an anti-hormone
 - It blocks the effects of progesterone (a hormone needed for pregnancy)
 - It softens and relaxes the cervix, making the uterus more sensitive to Misoprostol
- **Misoprostol – four (4) tablets in the Orange Box**
 - Is a prostaglandin
 - It causes the uterus to cramp and/or contract as well it relaxes the cervix. This helps to push out contents of the uterus.



Taking Mifegymiso

- **STEP 1: Green Box:** Swallow one (1) tablet of Mifepristone 200mg with lots of water on _____.
- **Step 2:** 24 to 48 hours **AFTER** you have taken the Mifepristone tablet, you need to take all four (4) of the Misoprostol tablets 200 mcg each (for a total of 800 mcg) from the **Orange Box**.
 - **DO NOT** take this earlier than recommended.
 - **DO take all four (4) tablets regardless of the amount of vaginal bleeding you have.** There are two ways that you may administer this medication (orally **OR** vaginally but not both).



Orally (by mouth):

Place the four (4) Misoprostol tablets in your mouth between your cheeks and gums for 30 minutes. **Do not swallow these tablets, let them dissolve.** After 30 minutes, drink some water to swallow any pieces that may be left.

Vaginally:

Place the four (4) Misoprostol tablets in your vagina as far up as you can (like you would insert a tampon or menstrual cup). Rest for 20 minutes before resuming normal activity. Do not worry if you find tablets in your vagina several hours later, the medication is rapidly absorbed. There is no harm to you.

What to Expect:

- You may experience vaginal bleeding (more than a period), cramps and passing clots within 4 to 48 hours after taking Mifepristone and/or Misoprostol. The bleeding should slow down over the next several days. Most women will bleed lightly for 7 to 10 days after the pregnancy passes. **ONLY** wear sanitary pads. **DO NOT** wear tampons during this process.
- You should not have vaginal intercourse until bleeding has stopped. Follow your physician's directions regarding when to resume vaginal intercourse.
- Heavy bleeding and cramping usually lasts less than 24 hours. Bleeding and cramping will lessen once the pregnancy has passed. Cramping can range from mild to severe.
- You may use warm packs on your stomach and/or back. Massage or rub your stomach.
- You may take pain medication as prescribed by your physician.
- You may also experience side effects such as chills, fever, nausea, vomiting and diarrhea from the Misoprostol.
- You may feel uncomfortable, so resting and taking it easy is important.

Go to the nearest hospital Emergency Department if you have:

- Heavy bleeding: you soak through two (2) or more sanitary pads per hour for two (2) hours consecutively (in a row)
- Severe cramping that is not going away 24 hours after the administration of Misoprostol
- Severe pain that is not relieved by medication
- Fever or chills that last longer than six (6) hours
- Foul smelling vaginal discharge

Follow up: 1 to 2 weeks at Early Pregnancy Clinic (EPC) as discussed with physician for follow up bloodwork and ultrasound. Your next appointment will be on: _____ at _____.

Everyone responds to a miscarriage differently. If you need additional support, please reach out to a team member. Pregnancy and Infant Loss Network offers free group & individual peer support services. <http://pailnetwork.sunnybrook.ca/> or 1-888-303-7245.