



## **Alliance OB GYN - Information for Patients Selecting Medical Management of Early Pregnancy Loss**

### **BEFORE - Prior to starting the medication.**

- You should feel completely certain that this pregnancy has no chance for survival. We feel confident and have diagnosed a miscarriage by one of the following.
  - Crown Rump length of 7mm or greater and no heartbeat.
  - Mean sac diameter of 25mm or greater and no embryo.
  - Absence of embryo with heartbeat 2 weeks or more after a scan that showed a gestational sac without a yolk sac.
  - Absence of embryo with heartbeat 11 days or more after a scan that showed a gestational sac with a yolk sac.
- Received Rhogam if you are Rh negative.
- Received three prescriptions.
  - Cytotec (Misoprostol): makes the uterus contract and expels the tissue.
  - Ibuprofen (Motrin): non-narcotic pain medicine for cramps
  - Oxycodone (or another narcotic): pain medicine for more intense pain

### **DURING - On the day that you and your provider agree to use the medication.**

1. Take 600-800 mg ibuprofen by mouth (have something in your stomach first). You can also take acetaminophen 1,000 mg every 6 hours as needed for pain.
2. Immediately following the ibuprofen, insert four (4) Cytotec tablets 200 micrograms each (800 micrograms total) INTO THE VAGINA as far up as you can get them and lie flat for 30 minutes.
3. Repeat the ibuprofen and Tylenol dosing as needed.
4. Use Oxycodone as needed for additional pain. This is safe to take Ibuprofen, Acetaminophen and Cytotec with narcotic medications.
5. Expect moderate to heavy bleeding and cramping. You will pass tissue and clots. This typically starts within 6 hours after the medication and will last for about 2 - 4 hours. Every person's body and process are different. Once the uterus is empty, the bleeding and cramping will rapidly taper off and you will feel tired but well.
6. If you do not have significant cramping and bleeding, a second dose of Cytotec can be taken.

Call Alliance or go to the Sparrow Emergency Room if you experience severe pain, fever greater than 100.4 or symptoms that concern you. If you are having excessive bleeding, go directly to the Sparrow Emergency Room. Excessive bleeding is soaking 1 pad per half-hour for 2 hours. Some people will run a low-grade fever or have diarrhea and nausea from the medicine.

### **AFTER – Follow up is important.**

We need to be certain that the uterus is completely empty. Call us after you think the miscarriage has passed. We will schedule an ultrasound and follow weekly blood levels of the pregnancy hormone beta HCG. If tissue is still present, you will receive instructions on using a second dose of the medicine (15 - 20% of people will require a second dose).

- Do not put anything in the vagina (douching, yeast medication, etc). Use pads, not tampons.
- Bleeding may last up to 10 days but should not be heavy or painful. Expect your first period to begin 3 - 6 weeks after the medication.

It is okay to start trying immediately for pregnancy or we can start you on birth control.