

# CYTOTEC INSTRUCTIONS

Cytotec (Misoprostol) is medication that causes the uterus to contract and also softens and dilates the cervix to allow your body to pass the pregnancy tissue. Taking this medication may cause heavy bleeding and severe cramping. It is also possible that you will need a D&C (surgery) if bleeding is excessive, or if all of the pregnancy tissue does not pass.

When you are ready to start your treatment, lie down and insert one tablet with your finger as high as you can into your vagina. Repeat insertion until all 4 tablets are placed in the vagina. Continue to lie down for 30 minutes. After 30 minutes, please feel free to move around. Some women feel more comfortable walking or sitting on the toilet. A warm shower may be helpful (not too hot).

## WHAT TO EXPECT

Some women start bleeding and cramping within a few hours. Other women may need a second dose of Cytotec. The bleeding and cramping progress until bleeding becomes heavier, and cramping usually becomes stronger, until passage of pregnancy tissue occurs. After the tissue is expelled, the cramping and bleeding decrease.

Most women pass grayish or white pregnancy tissue within 24-48 hours after administration of Cytotec.

**\*\*\*Each woman's experience with miscarriage is different\*\*\***

## IMPORTANT GUIDELINES

- Stay at home with a responsible adult so you have emotional support and in case bleeding becomes excessive
  - If saturating more than 1 Maxi pad in one hour, or if cramping is severe even with Ibuprofen and a heating pad, go to Emergency Room
  - If you have a fever > 100.4, dizziness, or feeling faint, go to the Emergency Room.
  - It is not unusual to need a second dose of Cytotec if miscarriage does not occur.
  - Please take Ibuprofen or Tylenol as suggested by your provider for discomfort.
  - Expect to pass clots and have heavy bleeding for about 12 hours. You may see gray or white pregnancy tissue during this time.
- \* Drink plenty of fluids.
- Possible side effects include nausea, vomiting, low grade fever, chills or diarrhea. Many women do not experience these side effects, and if they do, they are usually mild.
  - Take it easy and try to rest and sleep
  - If the pregnancy does not pass after the second dose, please call your provider.
  - Follow up Ultrasound is an important part of your care. This test will determine if all pregnancy tissue has passed.
  - It may be necessary to have a D&C (surgery) for retained tissue, or if bleeding becomes excessive.
  - Call the office if no bleeding or cramping occurs. Also please call if bleeding lasts longer than 2 weeks, or if your vaginal discharge has an odor.
  - Be sure to keep your follow up appointments.

**Please call 724-850-3150 any time for questions or concerns.**

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