

# Mifegymiso

## Patient Information and Instructions

**Mifegymiso** are 2 medicines that work together to treat a missed miscarriage. In some cases, Mifegymiso is used to terminate a pregnancy.

The package of Mifegymiso contains 2 medicines: **mifepristone** 200 mg (in the BLUE box) and **misoprostol** 200 µg (in the ORANGE box).

Your doctor will give you specific instructions on how to take these medicines at home. The following information can help guide you and answer some of your questions.

### Mifegymiso Treatment Schedule



Take **1 tablet** of mifepristone  
(**BLUE box**) on:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Take **4 tablets** of misoprostol  
(**ORANGE box**) on:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Your doctor has instructed  
you to take these tablets:

☐ By Mouth ☐ Vaginally

**Follow-up bloodwork** on:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

### How do I take Mifegymiso?

You must take the medicines in **2 steps**:

#### STEP 1.

Open the **BLUE box** (mifepristone). Swallow the 1 tablet with water.

#### STEP 2.

24 to 48 hours (1 to 2 days) after you take the mifepristone, open the **ORANGE box** (misoprostol).

☐ If your doctor has instructed you to take misoprostol **by mouth**:

1. Place 2 tablets in each cheek, between your teeth and cheek (4 tablets total).
2. Hold the tablets in your cheeks for 30 minutes.  
**Do NOT eat or drink during this time.**
3. After 30 minutes, swallow the rest of the tablets with water (they may not fully dissolve).

☐ If your doctor has instructed you to take misoprostol **vaginally**:

1. Empty your bladder and wash your hands.
2. Push the 4 tablets with your finger, one at a time, as far as you can up into the vagina.
3. Lie down for 30 minutes after insertion.

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## What should I expect after taking Mifegymiso?

You will usually start to have cramping and bleeding within 1 to 4 hours after taking the misoprostol (ORANGE box). These are normal signs that the treatment is working.

### CRAMPING:

- Cramping may be mild to severe, especially during the time you are passing the pregnancy tissue.
- Cramping usually stops in 2 to 3 days.

### BLEEDING:

- In some cases, bleeding may start 1 to 2 days after taking the misoprostol (ORANGE box).
- Expect bleeding to be heavier than a period.
- You may pass large clots or white tissue.
- Bleeding may last for 2 to 3 weeks.

## How do I care for myself?

### PAIN MEDICINE:

To relieve cramping, you may take:

- 500 to 1000 mg of acetaminophen (Tylenol®) every 6 hours, and
- 400 mg of ibuprofen (Advil®) every 6 hours.

It is okay to take these pain medicines at the same time. However, do not take more than 4000 mg of acetaminophen (Tylenol®) and 3200 mg of ibuprofen (Advil®) in 24 hours.

### ACTIVITY:

Until miscarriage is complete:

- Do not insert anything into the vagina, including tampons and intercourse.
- Avoid submerging your lower body in water (such as swimming or sitting in a hot tub).

### Go to the nearest Emergency Department right away if you have:

- Heavy bleeding (soaking more than 2 large pads per hour, for 2 hours)
- Severe pain that does not get better with pain medicine
- A fever of 38°C (100.4°F) or higher more than 24 hours after taking the misoprostol
- Lightheadedness or fainting.

If you have questions or concerns, please contact the **Early Pregnancy Clinic** at (416) 242-1000 ext. 21450