

## INFORMATION ABOUT YOUR BIRTH CONTROL PILLS

### 1. General instructions

You will start your birth control pills either the coming Sunday or the following Sunday. The nurse will let you know which one is right for you. Take your pill at the same time every day so that you are less likely to forget, and so that it's most effective.

**During the time that you're taking your first package of pills, you should use an additional method of birth control to help make sure you prevent pregnancy.**

### 2. If you forget to take your pill

Take the missed pill as soon as you realize that you've forgotten it and continue to take the rest of them as directed. If you miss more than one pill, begin taking pills again as soon as you remember and use another method of contraception for the rest of that cycle.

### 3. Drug interactions

If you're taking a birth control pill and your doctor prescribes a new drug, check with him or her, and your pharmacist, to see if the new drug interacts or interferes with the pill.

*This also applies to over-the-counter medication.*

*If you're taking any type of medicine, use a back-up form of birth control (foam, condoms, etc.).*

### 4. Warning signals

If any of these adverse effects occur while you're taking oral contraceptives:

*Sharp chest pain, coughing of blood or sudden shortness of breath*

*Pain in your calf*

*Crushing chest pain or heaviness in your chest*

*Sudden severe headache or vomiting, dizziness or fainting, disturbances of vision or speech, weakness or numbness in an arm or leg*

*Sudden partial or complete loss of vision*

*Breast lumps*

*Severe pain or tenderness in your stomach area*

*Difficulty in sleeping, weakness, lack of energy, fatigue or change in mood*

*Jaundice or yellowing of your skin or eyeballs, accompanied frequently by fever, fatigue, loss of appetite, dark-colored urine or light-colored bowel movements*

**If you have any of the above symptoms, call us or your doctor.**

5. This information is just an outline for taking birth control pills. Please read the outlined information sheet in your pill package.

## Northern Illinois Women's Center Ltd.

1400 Broadway, Suite 201  
Rockford, Illinois 61104  
(815) 963-4101

Emergency - 815-963-4101

taking  
Care

You are in control

### AFTER CARE INSTRUCTIONS

24 hour a day...

**EMERGENCY TELEPHONE**

**815-963-4101**

Northern Illinois  
Women's  
Center Ltd.

## AFTER CARE INSTRUCTIONS

*You've completed the first step of your medical abortion.  
Now we'll help guide you through the second step and after care.*

First, some advice about misoprostol on managing the side effects.

The day before you take the tablets, drink plenty of fluids and eat lightly. Misoprostol may cause nausea, vomiting, diarrhea and a rise in your temperature. Rich, fried or spicy foods can aggravate these side effects.

## USING THE MISOPROSTOL \*NEW PROCEDURE\*

You may have had some bleeding from the mifeprex, but even so you need to complete the next step to complete the process.

1. You must be at home or in the home of someone who knows what's happening.
2. You must have a phone.
3. It's best to have someone with you during the second step, or at least on call and available with a car.
4. It's possible to bleed too much (*this happens less than 1% of the time*), so you need to be 1 hour or less from either this clinic or a hospital.
5. Someone to take care of your children during the next three hours, after you take the misoprostol.

## MEDICATION AND CHECK-UP CHART

Day	1	2	3	4	5	6	7	8	10-14
	Clinic	Home	Home						Check-up
	Mifeprex	Misoprostol	Misoprostol						at Clinic

Evidence supports that whether you insert the pills in 48, 24 or 6 hours after the Mifeprex (RU486), they will work the same. ★ You must wait at least 6 hours after taking Mifeprex at the clinic, but no more than 48 hours or the 3rd day.

After choosing the time that is best; 1. Empty your bladder. 2. Take a shower, paying special attention to the external vaginal area. 3. Wash hands. 4. Put on the vinyl glove. 5. Lie down and insert the tablets one at a time as high up in the vagina as you can. 6. Continue resting for 30 minutes, so the medicine can be absorbed. 7. Put on a pad and take it easy for the next few hours. 8. Bleeding will usually begin in 1 or 2 hours.

*If you have an emergency—call us and allow us to direct your care. You must return here for your check-up. No exceptions!*

## WHAT IS NORMAL

The majority of women (66%) will miscarry within 1-4 hours after the misoprostol — 90% within 24 hours.

## CRAMPING

1. The cramps can be quite strong.
2. You may start taking your pain medication 1 hour before you take the misoprostol.
3. If you need more pain relief, you may take the second pain medication.
4. You may use a heating pad on low, or an ice pack, whichever is most comfortable.
5. Hard cramping is normal during this time.

## BLEEDING

After cramping has started, bleeding usually will begin. It can be moderate or very heavy, and you may pass clots from very small to as large as a navel orange. This may happen after the miscarriage is completed. Wear heavy protection maxi-pads, and have a large supply on hand.

Bleeding will slow down after the miscarriage, but you may continue to have a flow for up to 2 weeks.

## WHEN TO CALL

1. If you soak through 2 heavy-protection maxi-pads in 1 hour for 2 consecutive hours, call us. Your pads should be wet and totally soaked.
2. Severe Abdominal Pain or "Feeling Sick". If you have abdominal pain or discomfort, or you are "feeling sick", including weakness, nausea, vomiting or diarrhea, with or without fever, more than 24 hours after taking misoprostol, you should contact your provider without delay. These symptoms may be a sign of a serious infection or another problem (including an ectopic pregnancy, a pregnancy outside the womb.)
- ★ 3. Fever. In the days after treatment, if you have a fever of 100.4 F or higher that lasts for more than 4 hours, you should contact your provider right away. Fever may be a symptom of a serious infection or another problem (including an ectopic pregnancy).
4. No bleeding within 24 hours after misoprostol. (the second medication)

## CHECK-UP APPOINTMENT

We've given you an appointment in the next 2 weeks after your first visit. The medical abortion *isn't complete* until your check-up here at the clinic.

Even if you've had lots of bleeding, you still may be pregnant — there's a 5% failure rate.

At your check-up, we'll do an ultrasound, hgb and pregnancy test.

If you're still pregnant, the doctor will speak with you and will need to perform another abortion.

## MEDICATIONS

1. Ibuprofen 800mg #10. This is a medication for cramps. Take 1 tablet every 6 hours as needed. *Don't drink alcohol.* About 1 hour before you use the misoprostol, take one of these tablets, then every 6 hours as needed.
2. Tylenol #3. You will be given a prescription for this if you need extra help. Follow the directions on the bottle.
3. Darvocet N-100 #10. (propoxylyene napsylate) This is a medication for pain and cramping, and is stronger than Ibuprofen. Take 1 every 4 hours, as needed for cramps.

## 24-HOUR EMERGENCY NUMBER

# 815-963-4101

**WE'RE HERE TO HELP!  
WE CARE! WE RESPOND!**