

MISO-FEM[®]
misoprostol **200 mcg**



Patient guide

MISO-FEM[®]
misoprostol **200 mcg**

box of 4 tablets
boîte de 4 comprimés
caixa de 4 comprimidos

Administer by prescription only and
under medical supervision.

Médicament administré sur ordonnance
et sous surveillance médicale.

Venda e administração sob prescrição médica.



WomanCare
GLOBAL

A COMPANY OF
dkt
INTERNATIONAL

WomanCare
GLOBAL

A COMPANY OF
dkt
INTERNATIONAL

Patient Guide for Miso-Fem®

This guide provides information and support for women considering abortion using Miso-Fem®. Abortion with pills, also known as medical abortion, is a safe and effective method for ending a pregnancy. In this guide, we will explain how Miso-Fem® works, the procedure steps, what to expect, and self-care guidance.

For further information, please consult your healthcare professional.

Abortion with pills: What is Miso-Fem®?

Miso-Fem® (200 mcg of misoprostol) is a synthetic prostaglandin analogue used in the management of obstetric and gynecological conditions. Misoprostol induces uterine contractions, facilitating the expulsion of uterine contents.



Is Miso-Fem® effective?

For first-trimester medical abortion: effective both alone (87%) and in combination with mifepristone (96%).¹

Who can use Miso-Fem®?

Medication abortion is a suitable alternative to surgical abortion for the majority of women, especially early in pregnancy. However, if the pregnancy has progressed beyond 10 weeks, it is recommended to seek guidance from a healthcare facility to administer the pills.

¹ Chen, Melissa J. MD, MPH; Creinin, Mitchell D. MD. Mifepristone With Buccal Misoprostol for Medical Abortion: A Systematic Review. *Obstetrics & Gynecology* 126(1):p 12-21, July 2015'

How to take Miso-Fem®?

01 Find out the starting day of your last normal period. This will help you determine how many weeks pregnant you are. If you don't remember the exact date, you can make your best guess. Think about any special events, holidays, or important things that were happening around the time you had your period.

02 Identify the duration of your pregnancy in weeks, as it will influence the usage of abortion pills. You have several options to calculate this: utilize a reliable online pregnancy calculator (such as the one provided by safe2choose.org). Alternatively, you can manually count the number of weeks between the initial day of your last normal menstrual period and the current date on a calendar.

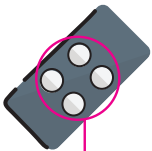
03 Using MISOPROSTOL

STEP 1:

After counseling, administer 4 tablets of 200 mcg misoprostol (800 mcg total)

CHOOSE A MODE OF ADMINISTRATION:

EITHER



4 X MISOPROSTOL - 200MG



Buccally, between the cheek and bottom gums for 30 minutes then swallow with water, or



Sublingually, under the tongue for 30 minutes then swallow with water, or



Vaginally, push the tablets behind the cervix at the top of the vagina

For optimal effectiveness, it is important to position the tablets high in the vagina, right next to the cervix.



WAIT 30 MINUTES THEN DRINK WATER

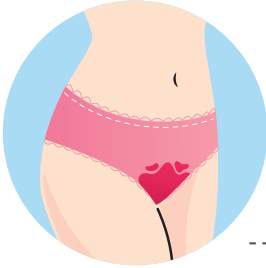


YOU MAY EXPERIENCE:

Vomiting / Headache / Fever / Chills / Diarrhea / Bleeding / Cramping

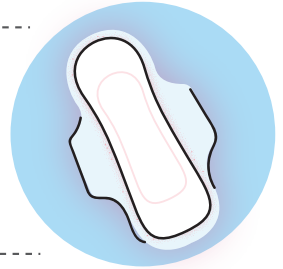
If you are 10–12 weeks pregnant, you may need to take extra doses of misoprostol to finish the process. Your healthcare provider can provide appropriate advice and guidance in this matter.

After taking Miso-Fem®:



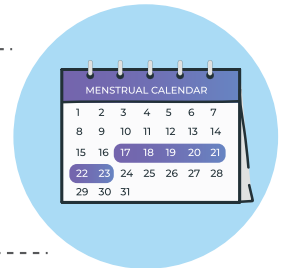
You **should experience bleeding** after taking medication abortion pills, the amount can vary from light bleeding to heavy bleeding with clots.

If you have **no bleeding or heavy bleeding** (soaking maxi pads for 2 hours in a row), contact your health care provider for advice.



Most women **start to bleed within 4 hours** of taking the misoprostol pills with the pregnancy being passed within 4 hours.

The process can take a few days to fully complete, with **some light bleeding for 1-2 weeks**.



You may see tissue other than blood when the pregnancy is being passed, but at early gestations a pregnancy is unlikely to be visible. This tissue can be flushed in the toilet or wrapped in plastic and **disposed of in the same way as tampons and pads**.



Bleeding will be accompanied by **crampy, period type pains**.

Ibuprofen or paracetamol can be taken before or just after you take the 4 pills of misoprostol to relieve pain and at regular intervals during the process as per the pack instructions.



Some women also find a **hot water bottle or heat pad** helpful.

After the pregnancy has passed:

After the pregnancy has passed, most normal activities can be resumed the following day, but it is important to rest if you do not feel ready.

Cramping and bleeding will gradually decrease, and any chills, fevers, or nausea should resolve quickly.

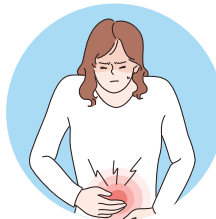
Prolonged nausea, vomiting, diarrhea, or fever should be reported to a health care provider.



NAUSEA



VOMITING



DIARRHEA

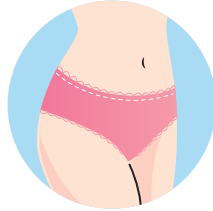


FEVER

Self-Assessment Checklist:

Consider the following signs as an indication that the treatment has not been successful.

If any of these signs occur, it is important to contact your health care provider.



NO BLEEDING

No bleeding or only slight spotting within 24 hours of taking misoprostol tablets.*



LITTLE BLEEDING

Less than 4 days of bleeding or continued bleeding.



PREGNANCY SYMPTOMS

Continued pregnancy symptoms or feeling pregnant, such as sore breasts, nausea, or a growing abdomen, by the end of the first week.



POSITIVE PREGNANCY TEST

A positive, invalid, or unclear result on the urine pregnancy test taken 3 weeks after treatment (using the first morning urine).



NO PERIOD

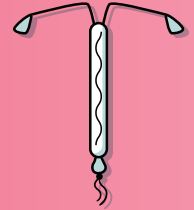
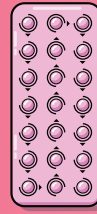
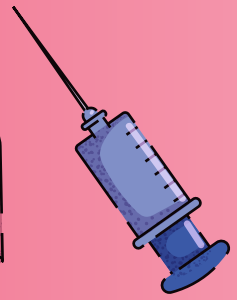
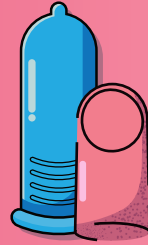
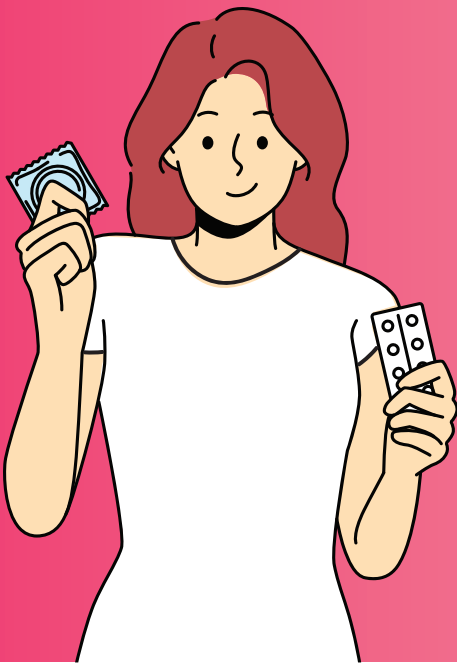
No onset of the next period by 4 weeks after treatment, even if the pregnancy test was negative.



*British Pregnancy Advisory Service (BPAS). Abortion aftercare. <https://www.bpas.org/abortion-care/abortion-aftercare/>.

Call this phone number if you have questions:





When can I have sex again?

You can have sex as soon as you like.

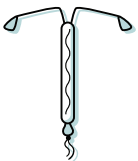
When can I get pregnant again?

You can become pregnant again as soon as 8 days after the abortion.

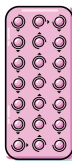


How can I NOT get pregnant?

To avoid getting pregnant, utilize contraception. Consult with a healthcare provider to discuss your contraception options. For additional information, you can visit <https://dktwomancare.org/>.



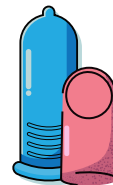
**INTRAUTERINE
DEVICE**



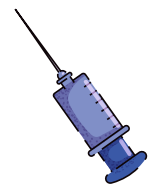
PILLS



IMPLANTS



CONDOMS



INJECTABLES

MISO-FEM[®]

misoprostol 200 mcg



WomanCare GLOBAL | A COMPANY OF
dkt INTERNATIONAL

WomanCare Global
Email: contact@dktwomancare.org
www.dktwomancare.org