



Family Planning Tasmania
sexuality education & clinical services

FORM 1: Patient MTOP Information:

WHEN TO CALL US DURING YOUR MEDICATION TERMINATION:

- If you are soaking two (2) maxi pads per hour for more than two (2) hours in a row
- If you have severe cramps and pain tablets are not helping manage the pain
- If symptoms of vomiting, diarrhoea and dizziness last more than 25 hours
- If you are worried and think you need to go to the Emergency Department at a hospital
- If you still have chills and fever 24 hours after taking the second lot of four (4) tablets
- If you are concerned, call us.

PHONE:

Family Planning Tasmania (circle the relevant clinic)

Launceston: 269 Wellington Street, Launceston, 7250 **Phone: (03) 6343 4566.** Open 9am -5pm Monday to Friday

Burnie: 1 Pine Avenue, Upper Burnie, 7320. **Phone: (03) 6431 7692.** Open 9am to 5pm Mon, Wed and Thurs only

Hobart: 421 Main Road, Glenorchy 7010. **Phone: (03) 6273 9117.** Open 9am -5pm Monday to Friday

Marie Stopes 1800 003 707

Nurse Support Service (24 hours)

Contact the Pharmacy who provided the medication

(see the label on the medication box)

If you are unable to speak to any of these health care providers, go straight to the Emergency Department at your local hospital, taking with you the letter that Family Planning Tasmania gave you for this instance titled “Letter for Hospital or GP”.

Remember that it is **normal** to have the following:

- Cramping and bleeding (some women only bleed a little bit and some women bleed much more than a period, some clots that you may pass may be as big as lemon)
- Chills and fever on the day that you take your four (4) misoprostol tablets
- Feelings of sickness, vomiting, diarrhoea and dizziness

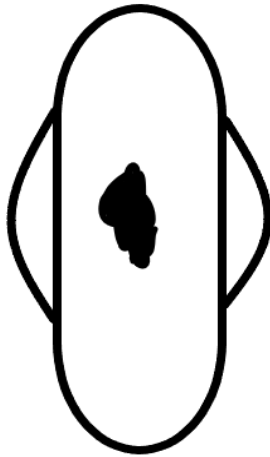


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HOW MUCH AM I BLEEDING? *on a maternity/maxi pad

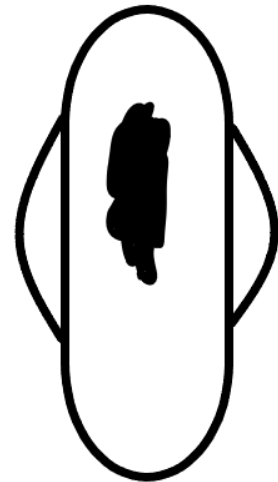
Scant amount

Blood only on tissue when wiped or less than one-inch stain on maxi within one hour.



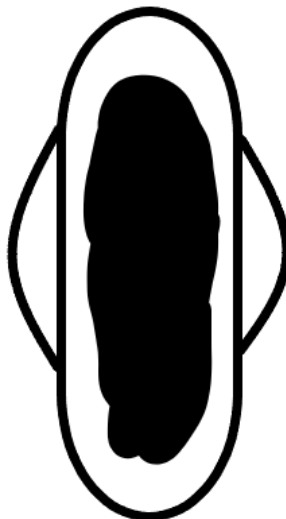
Light amount

Less than four-inch stain on maxi pad within one hour.



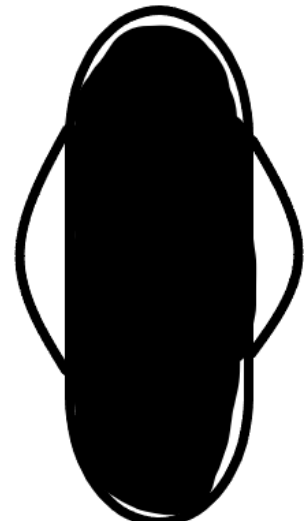
Moderate amount

Less than six-inch stain on maxi pad within one hour.



Heavy amount

Saturated maxi pad within one hour



WHEN TO CALL US

Call your FPT clinic or call Marie
Stopes FREE CALL 1800 003
707 (24 hours)



THIS IS NORMAL ✓

- ✓ Cramping and bleeding from half an hour after taking the tablets at home is expected.

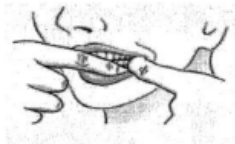


Image courtesy of Marie Stopes International

- ✓ Some women bleed a little, and most women bleed more than a usual period. Some clots may be as big as a lemon. This is all normal.



- ✓ Side effects such as nausea, vomiting, diarrhoea, or dizziness can be expected on the day of taking medication.



- ✓ It's normal to have fever and chills on the day that you take the misoprostol.



But if...

You have severe cramps and pain tablets don't help.



You are soaking more than two (2) maxi pads an hour, for more than 2 hours consecutively



Nausea, vomiting, diarrhoea, or dizziness last for longer than 24 hours.



You still have fever or chills 24 hours after taking the misoprostol, or if you are feeling sick and in a lot of pain

CALL US



**IF YOU ARE FEELING WORRIED AND THINK THAT YOU
NEED TO GO TO EMERGENCY, CALL RIGHT AWAY!**