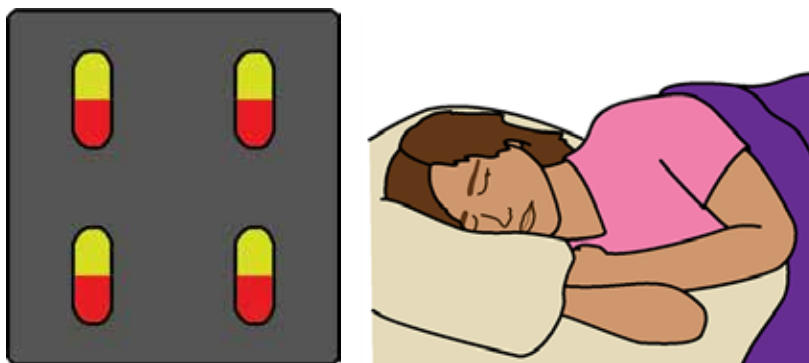




Family Planning Tasmania
sexuality education & clinical services



What to do after you have a medical abortion



Easy English



Hard words

This book has some hard words.

The first time we write a hard word

- the word is in **blue**

- we write what the hard word means.

You can get help with this book



You can get someone to help you

- read this book

- know what this book is about

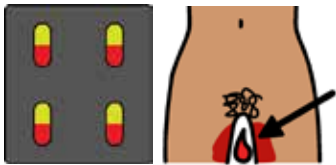


- find more information.



About this book

This book is written by
Family Planning Tasmania.



This book is about the **abortion** of a
pregnancy with **medication**.

Abortion is how you end a pregnancy.



Medication is a tablet or liquid used to help
your body.

The abortion medication is tablets.

We will talk about the first and second abortion
tablets in this book.

We will also talk about medicine to help
with pain.

Take the first abortion tablet at home

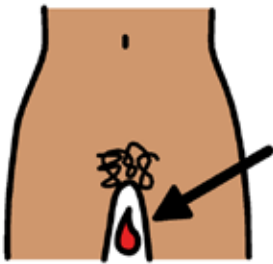


The first tablet is called mifepristone.

Take the first tablet at home on

____ / ____ / ____ at _____

After taking the first tablet you might have



- some light bleeding from your vagina
- pain that is like period pain.

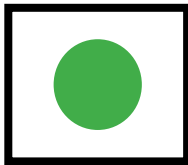
If you have heavy bleeding you might have a **miscarriage** before taking the second tablets.

A miscarriage means your pregnancy has stopped.

Before the second abortion tablet

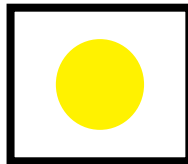
You will take medicine for pain on

___ / ___ / ___ at _____

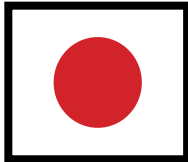


We will give you

- 1 nausea wafer in a box with a green dot



- 1 pain tablet in a box with a yellow dot.



- 1 more pain tablet in a box with a red dot.



You need to swallow the tablets with water.



Take the second abortion tablets at home

You have been given 4 tablets called misoprostol.

Take these tablets at home on

____/____/____ at _____



1. Put 2 tablets in your mouth between your bottom gum and the inside of your cheek on the **left**.



2. Put 2 tablets in your mouth between your bottom gum and the inside of your cheek on the **right**.



3. Close your mouth and leave the tablets in your mouth for 30 minutes.

Do **not** chew the tablets. The tablets should melt in your mouth.



4. **After** 30 minutes swallow any tablet pieces left in your mouth with water.



Important

If you swallow the tablets **before** 30 minutes the abortion may **not** work.

After the second abortion tablets

After taking the second tablets you might have



- nausea

- vomiting

- diarrhea



- pain in the stomach

- dizziness



- headaches

- feelings of hot and cold.



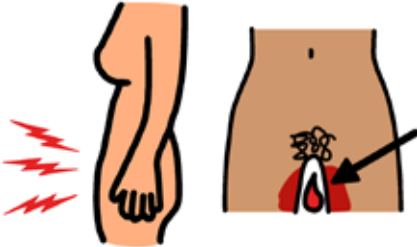
This can happen **before** the miscarriage.

This can last for a few hours.

If it lasts more than 24 hours see a doctor.

Period pain and bleeding

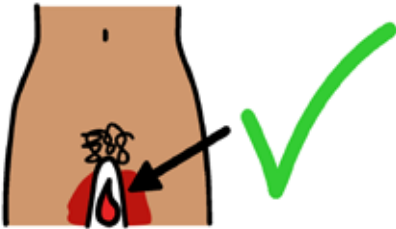
The second tablets make the miscarriage happen.



You will have bad period pain and bleeding.

The period pain and bleeding normally starts 2 to 4 hours **after** taking the tablets.

The heaviest bleeding normally lasts 3 to 5 hours.



The heavy bleeding means the tablets are working.

Light bleeding normally lasts for 2 weeks but it can last up to 4 weeks.

Your period should start again 4 to 6 weeks **after** the miscarriage.

Stay at home



After taking the second tablets you should stay home and rest.

You can get a letter from your doctor or nurse for your work.



Your support person must stay with you until the heavy bleeding and period pain have stopped.

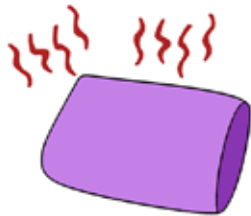


Pain

After you take the second tablets you can take
1 ibuprofen tablet every 8 hours

and

1 or 2 tablets of _____
every 4 to 6 hours.



You can use a heat pack to help with pain.

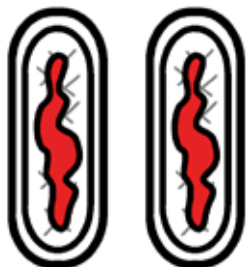


Nausea

After you take the second tablets you can take
1 nausea wafer every 8 hours.



When to go to hospital



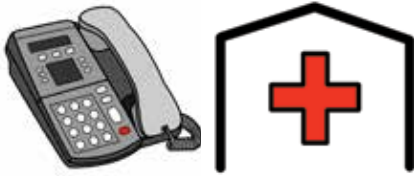
Go to hospital if

- your bleeding soaks through more than 2 pads every hour for 2 hours
- you have blood clots that are bigger than a lemon
- you have very bad period pain
- you have a fever 1 day after you take the second tablets
- you feel very sick.



Call an ambulance on Triple Zero 000 if the bleeding is very heavy and you feel dizzy.

Your closest hospital is _____.



When to call for help



Call Family Planning Tasmania

Monday to Friday between 9am - 5pm

Family Planning Tasmania

Hobart 03 6273 9117

Launceston 03 6343 4566

Burnie 03 6431 7692

Call Marie Stopes any time of day or night.

1800 003 707

You must call if you

- have a miscarriage before you take the second tablets called misoprostol
- did **not** take the tablets the right way
- vomit after you take the tablets.

You must also to call if you

- have bad period pain

- have pain that does **not** go away

- are worried about the amount of blood or pain

- do **not** have bleeding within 24 hours **after** taking the second tablets

- feel sick more than 24 hours after taking the second tablets

- are worried about anything.

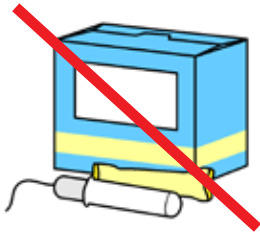
Things you need to know



You must **not** drink alcohol until the miscarriage stops.

For 7 days you must **not**

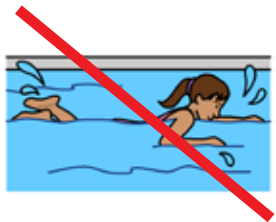
- use medicine with aspirin in it



- use tampons



- have sex



- swim



- do any sports



- have a bath
 - but you can have a shower.

Follow up after you take the tablets



A nurse will call you on

____/____/____ at _____

You will need to have a blood test on

____/____/____ at _____

You will have an appointment at the clinic on

____/____/____ at _____

At this appointment the doctor will

- make sure you do **not** have an infection
- make sure the abortion worked
- talk to you about **contraception**.

Contraception is a device or medicine you use to stop you getting pregnant.



More help or information



Call Monday to Friday between 9am - 5pm

Family Planning Tasmania

Hobart 03 6273 9117

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Burnie 03 6431 7692

Marie Stopes

1800 003 707

Call any time of day or night.



If you need help to speak or listen

Contact Family Planning Tasmania

or Marie Stopes through the

National Relay Service or NRS.

Call the NRS help desk

1800 555 660

Go to the NRS website

communications.gov.au/accesshub/nrs

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To contact Scope call 1300 472 673 or visit www.scopeaust.org.au

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