

# Medical termination of pregnancy in the hospital

## Pungunarrof með lyfjum á deild

Pregnancy can be terminated by using medication. If the gestational age is 9-12 weeks, the treatment takes place in the hospital. In certain cases, this also applies before the ninth week of pregnancy. The treatment can be started as soon as the gestational age has been confirmed by ultrasound and an appointment at Gynecology Outpatient Ward 21A has been scheduled on the third day.

### The treatment process

The treatment consists of two steps and the length of the process is three days.

**1. Day one:** \_\_\_\_\_

One tablet of Mifepristone (Mifegyne) 200 mg is taken by mouth in presence of a nurse in the gynecology outpatient ward. Mifepristone increases the efficacy of misoprostol (Cytotec), taken on day three of the treatment. You will receive four tablets of misoprostol (Cytotec) to be used on the third day.

**2. Day two:** \_\_\_\_\_

You may feel side effects like nausea, abdominal pain or light vaginal bleeding the day after taking the medication. It is recommended to take pain medication as needed. It is safe to go to work or school.

**3. Day three:** \_\_\_\_\_

At 07:00 four tablets of misoprostol (Cytotec) are inserted deep into the vagina. The tablets cause contractions in the uterus and soften the cervix. This results in lower abdominal pain and vaginal bleeding. Pain medication is taken at the same time if there are no allergies or other contraindications. Common side effects of the medical treatment are flu-like symptoms, a mild increase in body temperature (less than 38 °C), nausea and diarrhea. The side effects should however pass after about 12 hours.

## Third day of treatment

### On the third day of treatment:

- At 07:00: Insert four tablets of misoprostol (Cytotec) deep in the vagina.
- At 07:00: Take ibuprofen 400 mg and paracetamol 1000 mg.
- At 08:30: Arrival at Gynecology Outpatient Ward 21A at Landspítali, Hringbraut. A ward staff member will escort you from the waiting room.
- You don't have to fast before your appointment.

### Pain relief

- If not contraindicated, ibuprofen 400 mg and paracetamol 1000 mg are administered every six hours.
- A warm cloth on the abdomen can be used.
- It is recommended to move around 2-3 times every hour, and to drink at least one litre of fluids during the day.
- Further pain management is provided in consultation with a nurse.
- Pain is assessed on a scale of 0 to 10 where 0 means no pain and 10 means severe pain or the worst pain imaginable. Inform staff if pain increases so it can be treated right away. The goal is to effectively control pain while allowing you to move comfortably.

| 0               | 1 | 2 | 3               | 4 | 5                  | 6 | 7 | 8                | 9 | 10                    |
|-----------------|---|---|-----------------|---|--------------------|---|---|------------------|---|-----------------------|
| Engir<br>verkir |   |   | Vægir<br>verkir |   | Miðlungs<br>verkir |   |   | Miklir<br>verkir |   | Gríðarlegir<br>verkir |

### Vaginal bleeding

- Normally, bleeding starts in 3–4 hours.
- If there is no or little bleeding three hours after administration, two additional misoprostol (Cytotec) tablets are administered vaginally or sublingually.
- The amount of bleeding can vary from one person to another, but it is normal to have heavy bleeding with blood clots.
- A pad must be used and a specimen collector installed in the toilet. The contents of the pad and blood clots in the collector are examined by a nurse and, if necessary, a doctor.

- Once the treatment is confirmed to be effective and bleeding is minimal, you may be discharged and go home.
- If treatment has not been effective within 24 hours, the next step will be decided in consultation with your doctor.

### **The first few weeks after treatment**

- While bleeding is heavy it is recommended to stay at home, usually for the first 24 hours.
- During bleeding, it is recommended to shower rather than use a bathtub, hot tub or swimming pool.
- It is normal for bleeding to continue for up to three weeks after the medical treatment. Your next normal menstruation should start after 4-6 weeks and may be a little heavier than usual.
- Avoid sexual intercourse during vaginal bleeding.
- Sanitary pads should be used exclusively during the bleeding, not tampons or a menstrual cup.
- It is normal to have menstrual cramps or mild pain for 1-2 weeks after treatment.
- It is usually possible to go to work or school on the day after treatment.

#### **Contact the gynecology outpatient ward if the following warning signs appear:**

- If the bleeding fills a large pad (night pad or similar) within 30 minutes for more than 2 hours.
- Different abdominal pain arises.
- Pain medication does not ease the pain.
- Body temperature is higher than 38 °C.

**If the matter cannot wait until the next day, you can contact Landspítali's switchboard, tel. 543 1000, and ask to be directed to the Gynecology Ward's emergency telephone services.**

**For emergencies, contact 112.**

## Birth control after treatment

- Ovulation will occur soon after the treatment, before next menstruation. To avoid pregnancy it is necessary to use birth control when intercourse is resumed.
- For oral contraceptives, their use can begin on the same day or the day following the treatment. The same goes for the use of a vaginal ring.
- If intra-uterine device (IUD) will be used, it is possible to insert it one week from treatment or after next menstruation.
- The doctor will fill out a prescription for birth control which can be bought from the nearest pharmacy.

## Telephone number

- The Gynecology Outpatient ward 21A  
is open Monday-Friday between 08:00-15:45 543 3224
- Landspítali's switchboard  
(telephone shift for gynecological emergency services) 543 1000