

Penn Family Care

24-hour emergency phone number: (215) 662-8777

Instruction worksheet for **buccal** insertion of misoprostol (Cytotec)

Today's date: _____

You will take the misoprostol after tomorrow at _____:_____ and _____ at midnight:

1. Between now and when you take misoprostol there are no restrictions on your activity, or what you may eat and drink. You may drink alcohol. You may have sex.
2. When you are ready to take the misoprostol, it is best not to begin the process on an empty stomach. Make sure you have eaten lightly in the last two hours.
3. Just before you take the misoprostol tablets, swallow 4 ibuprofen tablets (200mg each). This is the medication found in Advil or Motrin. This is the most effective medication for cramping.
4. Place two of each of the 200 microgram misoprostol (cytotec) tablets in each side of your mouth, behind your teeth (in the cheeks) and hold them there for thirty minutes.
5. After 30 minutes have passed spit out two of the tablets and swallow the other two. Between 30 minutes and five hours after taking the misoprostol you should experience some degree of cramping and bleeding. The amount of cramping and bleeding will vary among women.
6. If you are still having severe cramping two hours after taking the pain medicine, take 2 tablets of Tylenol with codeine, **OR** 2 (325 mg) tablets of acetaminophen (Tylenol), or 2 (220 mg) tablets of naprosyn (Aleve). Additionally, a heating pad applied to the lower abdomen or holding your knees against your chest can help relieve cramping pain.
7. Your bleeding may be light or heavy. Often the blood is thin and watery initially. Allow the initial flow to pass directly into the toilet. Heavy flow of blood including clots, tissue and/or a small round ball of tissue is normal. Be careful when you stand up from the toilet to do it slowly to avoid fainting. If you continue to bleed heavy and you are worried, put on a large sanitary pad or maxi pad and time how long it takes to fully soak the pad. **If you soak 2 large sanitary pads in an hour notify the practitioners at 718-638-8543. Do not panic this may be normal.**
8. Drink plenty of fluids (water, juice, tea) during the entire procedure to decrease side effects such as dizziness when rising quickly.
9. Please call us with any concerns. **If we do not call you back within 20 minutes, call again.**

Penn Family Care

24-hour emergency phone number: (718) 638-8543

Instruction worksheet for **oral** misoprostol (Cytotec)

Today's date: _____

You will take the misoprostol after tomorrow at ____:____ and _____ at midnight:

1. Between now and when you take misoprostol there are no restrictions on your activity, or what you may eat and drink. You may drink alcohol. You may have sex.
2. When you are ready to take the misoprostol, it is best not to begin the process on an empty stomach. Make sure you have eaten lightly in the last two hours.
 1. Swallow two (2) misoprostol (200 mcg.) tablets.
 2. One half hour later swallow 4 ibuprofen tablets (200mg each). This is the medication found in Advil or Motrin. This is the most effective medication for cramping. .
3. If you are still having severe cramping two hours after taking the pain medicine, take 2 tablets of Tylenol with codeine, **OR** 2 (325 mg) tablets of acetaminophen (Tylenol), or 2 (220 mg) tablets of naprosyn (Aleve). Additionally, a heating pad applied to the lower abdomen or holding your knees against your chest can help relieve cramping pain.
4. Your bleeding may be light or heavy. Often the blood is thin and watery initially. Allow the initial flow to pass directly into the toilet. Heavy flow of blood including clots, tissue and/or a small round ball of tissue is normal. Be careful when you stand up from the toilet to do it slowly to avoid fainting. If you continue to bleed heavy and you are worried, put on a large sanitary pad or maxi pad and time how long it takes to fully soak the pad. **If you soak 2 large sanitary pads in an hour notify the practitioners at 718-638-8543. Do not panic this may be normal.**
5. Drink plenty of fluids (water, juice, tea) during the entire procedure to decrease side effects such as dizziness when rising quickly.
6. Please call us with any concerns. **If we do not call you back within 20 minutes, call again.**