



Treatment of Miscarriage with Misoprostol/Cytotec

You may use a medicine called Misoprostol or Cytotec that will cause your cervix to soften and open and your uterus to contract to pass the pregnancy.

- This is successful about 85% of the time within 1 week of taking it.
- This medication may cause heavy bleeding and painful cramping.
- If the pregnancy doesn't pass, additional doses of the medication or a surgical procedure may be needed.
- Possible risks include very heavy bleeding or incomplete passage of the pregnancy that can require surgery and possible infection. These risks are not common.

Your provider will prescribe Misoprostol (Cytotec) 800 mcg (4 tabs) to be inserted vaginally. You may need multiple doses. The doctor will give you instructions on how often to repeat this dose.

- When you are ready to begin, insert 4 of the tablets as high into the vagina as possible.
 - You should lie down for at least the first 30 mins to allow the tablets to be absorbed.
 - It is ok if the tablets come back out following the 30 mins. They do not always completely dissolve even though the medicine has been absorbed.

What to expect:

- Most women have some bleeding or cramping within the first few hours of inserting the medication.
- You may take Ibuprofen, Acetaminophen/Tylenol or the pain medication provided by your doctor for discomfort.
- It is normal for the bleeding to be heavy and include clots in the first 12 hours after you insert the tablets. After this the bleeding should be more like a normal period.
- Over the next few days the bleeding will slow down, and most women will have some bleeding/spotting for a week or two. (Do Not Use Tampons the first 2 weeks)
- Get plenty of rest over the next few days.
- No vaginal intercourse and nothing inside the vagina for 2 weeks.
- Do not swim, use a hot tub, or take a bath for 2 weeks or until bleeding has stopped.
- It may take time for your menstrual cycle to return to normal, typically 4-6 weeks. This period may be heavier than normal.
- Ovulation can occur within 2 weeks of your miscarriage so it is possible to become pregnant within the month. It is best to wait at least one normal period before attempting to become pregnant. Use a form of birth control during this time.

Side effects:

- The most common side effects from this medicine are nausea, vomiting, diarrhea, abdominal cramping and shivering. These side effects are usually mild and only last a few hours up to 24 hours.

Follow up:

- You will need a follow up appointment in 8-14 days. At that time, the provider will decide if you need an ultrasound or any further testing.

Please contact our office if you develop: Call 402-559-4500 (Mon-Fri 8 am-4:30 pm) or after hours call to 402-559-4500 or go to ER

- Vaginal bleeding that lasts longer than 2 weeks
- No vaginal bleeding after taking repeat dosing of Misoprostol
- Fever (greater than 100.5)
- Vaginal discharge with odor

Go to the UNMC Emergency Room if you have the following symptoms:

- Heavy vaginal bleeding (soaking 1 large pad per hour for over 2 hours)
- Shortness of breath
- Severe abdominal pain

Please call our office at any time with questions. If you are having any issues with coping or grieving the loss of your pregnancy, please contact us. We have resources available.