



Cytotec Assisted Miscarriage

You have been prescribed a medication to help induce cramping of your uterus which will help to expel the pregnancy tissue from your uterus. Many women chose this option over D&C because it is safer, more private and less invasive. The medication is safe to your stomach and has uterine cramping as its main side effect. You may, however, be allergic to any medication. If you break out in a rash or hives, discontinue the medication and take 50 mg of over the counter Benadryl. If you have any trouble breathing (a rare, but serious allergic reaction to any medication, you must go to the nearest emergency room). Then, call the office on the next business day to report the incident.

Cytotec is prescribed as 200 mcg tablets and you are either to use three tablets three times per day or three tablets two times per day (follow the directions on your prescription bottle) until heavy cramping and bleeding begin. The tablets are more effective if placed in your vagina as opposed to being swallowed, but you may swallow them if vaginal placement is not comfortable for you.

BEWARE, if you read the package insert with the medication, it will mention uterine rupture as a possible complication. The concern with uterine rupture is with a full term uterus (a large uterus) at these doses. The above doses are proven safe and effective for a small uterus (less than 20 weeks).

Typically, it takes two to three doses of the medication for the miscarriage to begin. Often, however, especially if you are already spotting, one dose might be all it takes. The cramping and bleeding will be like the heavier days of a menstrual period. In most instances there will be strong cramping for an hour to two in conjunction with or immediately followed by very heavy bleeding, large clots and/or thick gray/pink/dark "tissue." The heavy bleeding can last for a couple of hours. This can be very bright red blood that visibly collects in the toilet or saturates overnight type pads within 15-20 minutes. Ordinarily when the bigger clots and tissue finally pass, there is almost an immediate relief in the cramping and the bleeding becomes noticeably lighter. Bleeding will continue in a menstrual type flow for the next 7-10 days after the miscarriage occurs.

Call the office on the business day following your miscarriage to report the event. If you do not have a miscarriage after using all of your medication, please call the office to arrange follow up. After your miscarriage, your blood Beta HCG (pregnancy hormone) level will be followed until it has completely returned to normal. Your next normal menstrual period can be expected to start approximately 6-8 weeks after your miscarriage. If you are psychologically ready for another pregnancy, you may start planning with the onset of your first period.