



Updated 1-1-2022

## Missed abortion.

A missed abortion is an abortion that is usually not detected until the woman is being scanned. The fetus is no longer alive, but the mother has often not bled or felt otherwise that the pregnancy has come to a standstill.

When we discover a missed abortion, you will be offered a medical treatment to get your body to reject the pregnancy. We call this a medical evacuatio (emptying the pregnancy using medication).

This is done by taking 1 tablet of Mifegyne after the scan. The tablets inhibit the action of the hormone progesterone, making it easier for your body to repel pregnancy. Some women get nausea from these tablets and start bleeding a few hours after that.

You get 4 tablets of Cytotec to take home. In the evening the same day when you go to bed you put these 4 tablets up in the vagina. They should be laid as high up as possible.

Cytotec will cause contractions of the uterus so that it empties. This usually happens within the first 4-6 hours, but in some it can take longer. The tablets cause severe menstrual pain, bleeding and possibly nausea. You can take over-the-counter painkillers for the pain. (1 gram paracetamol together with 400 mg Ibuprofen)

In about 2.5% of women who receive medical evacuation, it may be necessary to perform a suction as in surgical abortion if the uterus is not completely emptied after medication. It can be done under local anesthesia here in the clinic.

## Bleeding

With a medical evacuatio the bleeding is heavier than with normal menstruation and it can last up to 2-3 weeks.

The day after the cytotec discontinuation, you may have too much bleeding / pain that it becomes necessary for a day of sick leave.

## Exclusion:

Women whose blood has difficulty clotting, women with severe asthma should not have a medical abortion.

We also do not offer if the pregnancy is more than 8 full weeks measured by ultrasound scan.

Women who are breastfeeding may have a medical abortion, but we recommend that the woman breastfeeds for 24 hours after inserting the pill Cytotec in the vagina.

## It's normal

-that the bleeding is heavier than during menstruation, the bleeding can last up to 2-3 weeks.

-that there may be pain in the abdomen in the first 24 hours.

## To avoid complications

Avoid bathing and swimming as long as you bleed.

Use pads and not tampons.

Wait to resume sexual life until the bleeding has stopped.



**Seek medical attention if:**

The bleeding is significantly heavier than during a menstrual period.  
You get increasing pain in the abdomen.  
You get a fever over 38.5°.

**After missed abortion, thoughts and mood swings**

It is normal for emotions to fluctuate a lot after a missed abortion. It can i.a. related to the hormonal changes that occur during the abortion. The body is exposed to a drastic change and must have time to adjust hormonally. There is nothing abnormal about you getting very upset and crying for no real reason or just feeling more depressed.

You should be aware that your chance of the next pregnancy is not affected by current missed abortion. We recommend that you wait 1-3 menstrual cycles before trying to get pregnant again as the body / psyche must have time to recover from the shock.

**PLAN:**

Day 1:

\_\_\_\_\_day the \_\_\_ / \_\_\_ 20 Taking 1 tablet Mifegyne

**Evening the same day around bedtime:**

\_\_\_\_\_day the \_\_\_ / \_\_\_ 20 If you put 4 tablets of Cytotec in the vagina, in the evening before going to bed, you can possibly take 1 g paracetamol and 400 mg ibuprofen ½ hour before.

Check-up at the Gynaecological Clinic:

\_\_\_\_\_day on \_\_\_ / \_\_\_ 20

\_\_\_\_\_day on \_\_\_ / \_\_\_ 20

\_\_\_\_\_day on \_\_\_ / \_\_\_ 20

Please note that cancellation / change of time must be made no later than the last working day before your time. If you are absent without cancelling, it costs according to the agreement with the health insurance kr.250.