

IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS:

- Persistent severe abdominal pain 6 to 12 hours after taking Cytotec®
- Fever above 38° more than 24 hours after taking Cytotec®
- Heavy bleeding (if you have to change menstrual pads more often than every hour for more than 2 hours) or if bleeding (much more than a period) persists.
- Discomfort or a feeling of uneasiness.

Call the Planning Familial during regular opening hours

(+352) **48 59 76** Luxembourg,
(+352) **54 51 51** Esch,
(+352) **81 87 87** Ettelbruck.

Consult the Polyclinic - Maternity Emergency Department of the hospital in an emergency. It is open **24/7** for any gynaecological and obstetric emergencies: (+352) **44 11 11**

or the **emergency nurse** during the regular opening hours:

(+352) **44 11 87 87**

In the event of a life-threatening emergency, call **112**



You can obtain ANY TYPE OF CONTRACEPTION FREE OF CHARGE at the Planning Familial!

After your procedure, you can always get psychosocial support from the Family Planning & Sex and Relational Education Centre on (+352) **48 59 76**.



IF YOU HAVE ANY QUESTIONS OR PROBLEMS,

you can contact Planning Familial during the regular opening hours of the centres:

Planning Familial in Luxembourg
6, rue de la Fonderie, L-1531 Luxembourg
(+352) **48 59 76**
info@planning.lu

Monday to Friday from 9:00 am to 5:00 pm
Thursday from 9:00 am to 6:00 pm.

Planning Familial in Esch-sur-Alzette
2-4, rue Ernie Reitz, L-4151 Esch-sur-Alzette
(+352) **54 51 51**
esch@planning.lu

Monday to Friday from 8:00 am to 12:30 pm
and from 1:30 pm to 5:00 pm
Tuesday to Thursday from 8:00 am to 12:30 pm
and from 1:00 pm to 4:00 pm
Friday from 8:00 am to 12:30 pm
and from 1:00 pm to 5:00 pm

Planning Familial in Ettelbruck
18, avenue J.F.Kennedy, L-9053 Ettelbruck
(+352) **81 87 87**
ettelbruck@planning.lu

Monday, Tuesday and Thursday from 9:00 am to 12:30 pm and from 1:00 pm to 5:00 pm
Wednesday from 1:00 pm to 5:00 pm



www.planning.lu

Medical Voluntary Termination of Pregnancy at home



You have applied for a medical voluntary termination of pregnancy at home.

The purpose of this brochure is to complement the information provided by your doctor in order to explain how the procedure will occur.



Medical Voluntary Termination of Pregnancy at home



METHOD

The method involves taking two different medicines: **Mifegyne®** which prepares the egg for detachment and **Cytotec®** which causes the pregnancy to be expelled.

The method works 95% at the time.

In exceptional cases, the pregnancy may persist or expulsion may be incomplete despite heavy bleeding. In this case, surgical intervention by aspiration / curettage may be necessary at a later stage.



It is important for the medical and nursing staff to check your blood type in order to determine your rhesus factor. If existing, please remember to bring your blood type card.

If you do not know your blood group, the doctor will add this test to the prescription.

1 FIRST PHASE: TAKING MIFEGYNE®

In your case, Mifegyne® was or will be taken at the consultation:

date

place

Thereafter, you can proceed with your normal activities. You may experience some bleeding and abdominal pain like you would during your period.

In 5% of cases, more severe bleeding and pain may occur.

2

SECOND PHASE: TAKING CYTOTEC® AT HOME

Cytotec® is scheduled to be taken at home on:

date

Cytotec® MUST be taken on this date!

Taking this second medication is **essential** for a complete termination of the pregnancy.

It is important to take it according to the protocol described below even if you have already bled.

DRUG PROTOCOL

at 8:00 am > 2 to 4 Cytotec® tablets taken orally or vaginally or dissolved in the mouth (as indicated by the doctor)

> Ibuprofen 400 mg: 1 tablet

at 10:00 am > Paracetamol 1 g: 1 tablet

at 12:00 pm > 2 Cytotec® tablets taken orally or vaginally or dissolved in the mouth (as indicated by the doctor)

at 2:00 pm > Ibuprofen 400 mg: 1 tablet

Take the contraceptive as prescribed by the doctor the day after the abortion.

If abdominal cramps persist:

> additionally take Buscopan® 20 mg:
1 tablet every 8 hours

If nausea occurs:

> take Antimetil®: 1 tablet three times a day

Then if necessary, and depending on the pain level, continue the pain treatment as follows for a maximum of 3 days:

> Paracetamol 1 g every 6 hours

> Ibuprofen 400 mg every 8 hours

If there is NO bleeding within 48 hours after taking Cytotec® contact Planning Familial directly on **48 59 76** (Luxembourg), on **54 51 51** (Esch) or **81 87 87** (Ettelbruck).

Take the Cytotec® tablets early in the morning so that you can contact Planning Familial during the day if necessary.

Cytotec causes cramping in order to expell the pregnancy. Expulsion usually occurs 4-6 hours after taking the medication, but it may occur later, in the evening or the next day.

Bleeding that is sometimes heavier than a period may occur and contain blood clots. Bleeding is often accompanied by pain of varying degrees.

- It is possible to feel nauseous, and exceptionally experience vomiting or diarrhoea. If you vomit more than half an hour after taking the tablets, don't worry, the medication will work nonetheless.
- Take the medication indicated by the doctor for pain management; it will not prevent the abortion from taking place.
- It is normal to bleed for about ten days. Sometimes minimal blood loss persists until the follow-up visit.
- Avoid the use of tampons, sexual intercourse and baths for about ten days.
- Avoid strenuous physical activity for 3 days after the abortion.

If possible, consider having a trusted person by your side to support you through this phase. You can eat and drink lightly during this phase.

3

THIRD PHASE: A FOLLOW-UP CONSULTATION AND BLOOD TEST

During the follow-up consultation the completion of the pregnancy termination as well as the absence of complications is confirmed by an ultrasonography, as well as to confirm the choice of appropriate contraception such as an implant or IUD.

Your consultation is scheduled for:

date

place