

Misoprostol

Information for patients

This information is provided to help take misoprostol safely.

Read all of this leaflet carefully before you start using this medicine.

- Keep this leaflet in case you want to read it again
- If you have any questions, contact the clinic phone number OR ask a doctor or a pharmacist and show them this leaflet
- This medicine has been prescribed for you
- Do not pass it on to others: It may harm them even if their symptoms are the same as yours. It is illegal to give or sell tablets to another person for the purpose of causing an abortion.
- If any of the side effects become severe or if you notice any side effects not listed in this leaflet, please tell a doctor or a pharmacist.

Information in this leaflet

1. What is misoprostol and what is it used for?
2. Before you take misoprostol
3. How to use misoprostol for the treatment of early medical termination
4. Side effects
5. How to store and dispose of misoprostol
6. Further information.

1. What is misoprostol and what is it used for?

- Misoprostol is similar to substances produced naturally in your body called prostaglandins.
- Prostaglandins are produced in several parts of the body including the uterus (womb) cervix (neck of the womb), stomach and intestine. They can repair and help to protect the lining of the gut and cause the muscles of the intestine and uterus to contract. They also soften the cervix.
- Misoprostol was developed to treat ulcers in the digestive tract and is still used for this purpose. Misoprostol is also used for its effects on the uterus and cervix to make sure any pregnancy tissue in the uterus is expelled completely, either as a medical termination of pregnancy or a miscarriage.

2. Before you take Misoprostol

Do not take misoprostol if:

- You have ever had an allergic reaction to Cytotec® or any of the other ingredients in the tablet (see 'Further information' section).

- You have ever had a reaction to any other medicine containing misoprostol or another prostaglandin in the past.
- You have a bleeding disorder or are taking anticoagulant (blood thinning) medicines.
- You have an intrauterine contraceptive device (coil) in place.
- If you have inflammatory bowel disease, heart disease, low or high blood pressure, or any disease of the blood vessels and you didn't tell the nurse or doctor at the clinic during your consultation. Please ring the clinic before taking the tablets.

Taking other medicines

- You can take misoprostol with most medicines without any problems. If you use an antacid (something to reduce acid in the stomach) you should avoid antacids that have magnesium in them at the same time as you are taking misoprostol, as these may cause or worsen diarrhoea as side effect.
- If you are taking or have recently taken any other medicines, including medicine obtained without a prescription and did not mention them during your consultation, please ring the clinic for advice.

Food and drink: Use as discussed at the clinic.

Pregnancy: Misoprostol causes termination in pregnant woman. It should only be used in pregnant woman who are seeking a termination by legal means or to treat retained products of conception after a termination or miscarriage.

Breastfeeding: Follow advice given by the nurse or doctor at the clinic.

Driving and using machinery: Dizziness has been reported after taking misoprostol. Be cautious when driving or operating machinery until you are sure the effects have worn off.

Other ingredients: Misoprostol contains hydrogenated castor oil, which may cause stomach upset and diarrhoea. Misoprostol itself can also cause these effects.

3. How to use misoprostol for termination of pregnancy

Use the medicine exactly as you were told by the nurse. You should check again if you are not sure what to do.

Start treatment 24 to 72 hours after taking mifepristone:

- **Vaginal use**
Place 4 tablets high into the vagina as high as possible. The tablets will dissolve on their own.
OR
- **Sublingual use (under the tongue)**
Place 4 tablets under the tongue (2 under each side of the tongue)
Allow them to dissolve for 30 minutes after which swallow any remaining tablet fragments with water.
OR
- **Buccal use (between the cheek and gums)**
Place four 4 tablets between the cheek and the gums (2 on each side of the mouth). Allow them to dissolve for 30 minutes after which swallow any remaining tablet fragments with water.

If you do not bleed within 4 hours please place a further 2 tablets of misoprostol under your tongue (sublingual) or between the cheek and gums (buccal).

If you are between 10 and 11+6 weeks pregnant – please take a 3rd dose of 2 tablets of misoprostol as above, after a further 3–4 hours if no/minimal bleeding.

4. Side effects

Misoprostol can cause side effects although not everybody gets them. If you are worried about any side effects then talk to the clinic, a doctor or pharmacist.

The following side effects have been reported:

Gastrointestinal: Wind, indigestion, stomach pain, constipation, feeling sick or being sick. Diarrhoea is the most common problem and occasionally is severe.

If you use an antacid (something to reduce acid in the stomach) you should avoid antacids at the same time as misoprostol as they may cause or make diarrhoea worse. A pharmacist can help you choose a suitable antacid if you need one.

Other effects: Chills, high temperatures, skin rashes, and dizziness. Tearing of the tissues in the womb, amniotic fluid (the fluid which surrounds the fetus when pregnant) entering the mother's bloodstream causing allergic reaction.

If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor.

5. How to store and dispose of misoprostol

- Keep out of reach and sight of children
- Do not use after the expiry date which is stated on the carton or blister strip
- Do not store above 30°C
- Store in the original package.

If you do not need to use the two extra misoprostol tablets, please dispose of them by taking it to the clinic that supplied them, a local pharmacy or NHS clinic for disposal. (note: medicines should not be disposed of via waste water or household waste).

6. Further information

Cytotec® contain 200micrograms (mcg) misoprostol.

The other ingredients are: Microystalline cellulose, sodium starch glycolate, hydrogenated castor oil, hypromellose (E464).

What tablets Cytotec® look like and contents of pack:

Cytotec® tablets are off white hexagonal tablets scored on both sides and engraved 'SEARLE1461' on one side. The tablets are packed in aluminium foil blisters in a box containing 6 tablets.

Manufacturer: Pfizer Limited

Packed by: NHS Tayside Pharmaceuticals

Contact Telephone Numbers

For advice and support after you have started to receive care from the termination of pregnancy service, contact:

Chalmers Choices mobile (Mon-Fri 8.30 am- 4 pm) **07765 395887**.

(Out with these hours please contact the Gynaecology ward at the Royal Infirmary of Edinburgh or St John's Hospital).

Royal Infirmary of Edinburgh Gynaecology Ward 210: **0131 242 2101**.

St John's Hospital: **Mobile 07811025935**.

(if you have any problems contacting this mobile, please contact St John's Hospital Gynaecology Ward **Tel: 01506524112**)