

# Patient information

## Medical abortion before week 10



## For patients who are having an abortion at home

This information is for patients who are undergoing a medical abortion at Sex og samfunn. Once you have made your decision, the abortion can be completed safely and privately at home using medication.

If you would like more information than what is provided in this brochure you can:

- watch our informational videos at [www.sexogsamfunn.no](http://www.sexogsamfunn.no)
- call us at 22 99 39 00 during our opening hours, or
- speak with qualified healthcare personnel via our chat service at [www.sexogsamfunn.no](http://www.sexogsamfunn.no)

Please note:

- You must not be alone during the abortion process. An adult over the age of 18 should be present with you.
- You cannot drive during the treatment due to the effects of the medication.

An ultrasound has *not* been performed. Based on the information you have provided, you are \_\_\_\_\_ weeks pregnant.

An ultrasound has been performed, and you are \_\_\_\_\_ weeks pregnant.

You received Mifegyne at Sex og samfunn on this date: \_\_\_\_\_ at this time: \_\_\_\_\_

(Strike out what does not apply)

Your local hospital is Ahus.

Phone number for the Women's Clinic reception: 67 96 05 00

Your local hospital is Ullevål.

Phone number for the Maternity/Gynecology reception: 23 02 75 50

The phone number for Sex og samfunn is 22 99 39 00.

Office hours for Sex og samfunn are Monday–Friday at 09:00-15:30.

## **Medical method**

### ***Step 1 - Mifegyne***

You will receive one tablet of Mifegyne from us. This medication stops the pregnancy from continuing and is the first step of the abortion process. If you vomit within 2 hours of taking the tablet, please contact Sex og samfunn. If this happens outside our opening hours, return the next working day to receive a replacement dose.

### ***Step 2 - Cytotec***

- Go to step 2 around 24–48 hours after Step 1. It is best to begin this step in the morning, ideally on a weekday, in case you need support and to ensure it is complete by the evening.
- If bleeding has already started before this step, see instructions on page 5.

Please ensure:

- You are not alone during the abortion process; an adult over the age of 18 must stay with you.
- You have eaten something and used the toilet before starting.

Before inserting Cytotec:

1. Take your anti-nausea medication as listed below and wait 30 minutes before you take painkillers and Cytotec.
2. After 30 minutes, take your pain relief: 2 tablets Paracet, 2 tablets Diclofenac og 1 tablet OxyContin.
3. Insert the 4 Cytotec tablets into the vagina (one at a time, as deeply as possible). The tablets soften the cervix and cause uterine contractions which completes the abortion.
  - a. Lie down for 30 minutes to help absorption (even if tablets fall out later they will still have worked)
  - b. If you do not bleed or only experience minimal bleeding or spotting within 4 hours of inserting Cytotec, insert dosage 2 (2 tablets), in the same way.

### Medications

- ☐ Mifegyne 200 mg  
(received at Sex og samfunn)

### Medications you will take home:

- ☐ Cytotec 0,2 mg 4 tablets (dosage 1)  
☐ Cytotec 0,2 mg 2 tablets (dosage 2)

### Anti-nausea medication:

- ☐ Afipran 10 mg 1 tablet  
☐ Zofran 8 mg 1 tablet  
☐ Dexametason 4 mg 4 tablets

### Pain relief medication:

- ☐ Paracetamol 1 g 2 tablets  
☐ Diclofenac 50 mg 2 tablets  
☐ OxyContin 10 mg 1 tablet  
☐ OxyNorm 5 mg 2 tablets (use when needed)

These medications are for your use only. It is illegal to share them with others. Return any unused tablets to a pharmacy or to Sex og samfunn.

### You should insert Cytotec:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

## **How to use Cytotec:**

We recommend that you take Cytotec early in the morning so the abortion is completed by evening.

It is also preferable to do this on a weekday in case you need to get in touch with us.

Do as follows:

1. Insert 4 Cytotec tablets, one at a time, deep into the vagina.
2. You should then lie down for 30 minutes to allow the tablets to be absorbed and adhere. The tablets do not dissolve, so even if they fall out later in the process, they will still be effective.
3. If you have started bleeding after taking only Mifegyne, you should start step 2 right away, even if it has been less than 24 hours since you took Mifegyne. In this case, all 4 Cytotec tablets must be placed under your tongue. Let them remain there for 30 minutes before swallowing. It is also possible to place them between your cheek and gum. Both methods are equally effective.
4. If you do not start bleeding or only experience minimal bleeding or spotting within the first 4 hours after inserting Cytotec, you may take a second dose (dosage 2). The second dose consists of only 2 tablets. You may take them in the same way as the first dose.
5. After 30 minutes you should be up and moving around to help start the abortion process.

You may eat, drink, and carry on with normal activities, but you should remain at home or wherever you plan to undergo the abortion. You must not drive during the treatment.

## What happens after taking Cytotec?

Bleeding usually begins 1–4 hours after taking Cytotec. There are individual differences in bleeding and pain, but you should expect heavy bleeding with clots and also intense pain. Depending on how far along the pregnancy is, you may also see lighter tissue fragments of varying sizes.

You may experience a fever or chills within the first few hours after taking Cytotec. This can be uncomfortable but is completely normal and will pass.

### Contact Sex og samfunn during our opening hours if you (check the box):

- ☐ Have not started bleeding within 48 hours after taking Cytotec and an ultrasound was performed before the abortion.
- ☐ Have not started bleeding within 24 hours after taking Cytotec and *no* ultrasound was performed before the abortion.

## If you need additional pain relief:

- If you experience persistent severe pain, you may take one OxyNorm 5 mg tablet.
- If the pain relief is insufficient after one hour, you may take another OxyNorm 5 mg tablet.
- You may also find that a hot water bottle can provide effective pain relief.

## Would you like us to contact you?

If you would like Sex og samfunn to call you, please send the following text message to **+47 90 48 50 90**: *"I need to speak with someone. Can you call me on this number as soon as possible/around [preferred time]?"*

Please do not include any sensitive personal information, such as your name or date of birth. We can call you back during our opening hours (see page 2).

## After the abortion

- Expect bleeding similar to a heavy period for a few days. The bleeding should gradually decrease. Use sanitary pads, not tampons or menstrual cups.
- Avoid baths and sexual intercourse while you are bleeding, and for at least 2 weeks. This is due to an increased risk of infection.
- Mild pain is normal; use pain relief as needed. The pain should gradually ease.
- Your next period should occur in 4–6 weeks. It may be heavier and longer than usual.
- You can start contraception immediately, including the same day as the abortion. An IUD can be fitted after one week.
- You may resume normal activities shortly after the procedure. A 1-2 day sick note can be provided if needed.
- Take a pregnancy test after 4 weeks. If positive, contact Sex og samfunn.

## Do you need someone to talk to after the abortion?

You can book a free post-abortion counseling at Sex og samfunn if you had the abortion at the clinic. You can also chat with healthcare personnel via our live chat: [www.sexogsamfunn.no](https://www.sexogsamfunn.no)

You can also contact Amatheia for free support, by phone at 90 65 90 60, or use their chat service: [www.amatheia.no](https://www.amatheia.no).

## When should I seek medical help?

In some cases you should either contact the hospital or Sex og samfunn. Under you will find an overview of when to contact the hospital and when to contact Sex og samfunn.

The contact information to your local hospital and to Sex og samfunn is listed on page 2.

### **Contact the hospital if you:**

- Bleed more than 6 overnight pads within 2 hours.
- Have severe pain not relieved by the painkillers provided.
- Develop a fever over 38°C within two weeks after the abortion.
- Experience increasing or newly occurring pain or feel pain radiating to the shoulder.
  - This is especially important if you had an abortion *without* an ultrasound beforehand.

### **Contact Sex og samfunn if you:**

- Have not started bleeding within 48 hours and an ultrasound was performed before the abortion.
- Have not started bleeding within 24 hours and no ultrasound was performed before the abortion.
- Pass clots for more than 14 days.
- Bleed for more than 28 days.
- Have pain lasting more than 14 days.
- Have a positive pregnancy test 4 weeks after the abortion.
- Have no period 6 weeks after the abortion.



**How do I know if the treatment has worked?**

Most people can tell from their symptoms and bleeding pattern whether the abortion was successful.

Use this checklist:

	Yes	No
Did you experience cramp-like pain after taking all the tablets (Mifegyne and Cytotec)?		
Did you bleed at least as heavily as during a menstrual period after taking all the tablets (Mifegyne and Cytotec)?		
Did you see clots or tissue-like fragments?		
Have your pregnancy symptoms disappeared?		
Do you believe you might still be pregnant?		
Are you experiencing heavy bleeding today*?		
Are you experiencing severe pain today?*		

*\* If you completed the abortion today, you may still have strong pain and heavy bleeding. This should decrease fairly quickly, and in the days following the abortion you should not experience severe pain.*

If you **only checked the boxes in the white sections**, it is highly likely that **the medical abortion was successful**.

If you checked at least one box in the shaded section, you may still be pregnant or require further medical treatment.

I would describe the pain as a stabbing feeling, like someone squeezing my stomach muscles, like my insides were being twisted.

Period-like for a couple of hours then pain eased off once clots had passed.

The pain was so much stronger than period pain, it was like having contractions in labour. I've given birth three times and the pain really wasn't too much different from that pain, the cramping contraction pain.

Had a light cramping but wouldn't even describe it as painful.

Similar to a mild contraction or bad period pains. The pain wasn't too bad I felt more weak than anything.

I would describe them as similar to birth contractions or extremely uncomfortable/excruciating but as soon as it stops I felt total relief.

Possibly the worst pain I have ever experienced being a young healthy early 20 year old.

For me, the pain felt like my normal period pains but just a little bit worse. Nothing extreme, but just that bit worse. And the pain came in waves, the worst pain would last for a few seconds, and then it would calm down again.

## For the person providing support

It can be challenging to know how to offer the best possible support on the day the abortion takes place, so it's helpful to talk about expectations in advance. Here are some advices for you.

- Discuss expectations beforehand:
  - Do they prefer quiet or company?
  - Do they need closeness?
  - Some may get agitated when in pain.
  - Remember, preferences may change during the process, and what you discussed beforehand may change during the process.
- Discuss in advance how you want to handle what comes out. Talk about what to do with passed tissue: Is it ok to flush? Do they want to see it or not?
- Some might want closeness, and maybe in different ways. Massage (which also can help as pain relief), holding hands, or lying next to each other can be comforting. Finding distractions may help, like watching a movie or listening to music.
- Offer comfort and practical help. Prepare a hot water bottle, provide pain relief or make food.
- Respect religious or cultural practices if it is important to the person going through the abortion.

If you need additional support, contact the following:

- Ahus - Kvinnekliniikkens mottak: 67 96 05 00
- Ullevål - Føde/gyn mottak: 23 02 75 50
- Sex og samfunn: **22 99 39 00** (Monday–Friday 09:00-15:30)



[www.sexogsamfunn.no](http://www.sexogsamfunn.no)  
Skippergata 17, 0152 Oslo

Edition revised November 2025