

Aftercare

Pain management

If pain persists taken an extra 1-1½ tablets of ibuprofen at least 8 hours later. Take no more than 6 tablets in 24 hours. Heat packs and massaging the painful area can help.

Signs of infection

Most people feel better after the miscarriage. Nausea and tiredness disappear quickly. If you start to feel unwell 24 hours or more after you take your second medication, this could mean infection. Other signs are fever, unusual vaginal discharge, lower abdominal pain or pain with sex. Seek medical attention if you have any of these symptoms.

Reducing complications

For 7 days after taking your Step 2 GyMiso (Misoprostol)

- Do not use tampons, menstrual cups or menstrual discs
- Do not have sex, swim, take a bath/spa (showers are okay)
- Avoid intense sports and activities

These things are normal after the miscarriage has occurred

- To have mild pain and cramping for a week after the procedure. You may need to continue paracetamol or ibuprofen when needed
- Light bleeding is common for up to 2 weeks but can last longer. If you're worried, call us or your local GP
- Your next period is usually 4-6 weeks after the procedure, unless you have contraception which may change this

Follow Up

Do I need to call SHV or see my local health care professional?

If you answer **YES** to any of these questions, then you need to be seen for a review

I feel unwell, have a fever or feel very fatigued.	Y	N
I have moderate or severe cramping or pain.	Y	N
My bleeding is still heavier than a period.	Y	N
I still have pregnancy symptoms or have developed pregnancy symptoms (e.g. tender breasts, nausea/sickness)	Y	N
I do not have reliable contraception and would like to discuss this.	Y	N
I am feeling grief and/or not coping emotionally and would like to speak to a professional.	Y	N
I am worried/anxious, and something does not feel right.	Y	N

Ring us on 03 9257 0100 (Monday-Friday 0900-1700) OR call 1300 606 024 (24 hours)