

ABORTION PILL CHECKLIST

Use this checklist and attached diary pages to keep track of your medication abortion process.

- Read the **ABORTION PILL INSTRUCTIONS** package
- Complete any pre-appointment testing (eg. blood test, ultrasound) required
- Attend your virtual appointment

My Clinician:
Appointment Date:
Appointment Time:

My Pharmacy:
Address:
Phone Number:

- Get introductory text message from Mia, SHORE's virtual team member
- Pick up your prescription at the pharmacy
- Start your **Medication Diary**
- Start your **Pain, Bleeding, and Symptom Diary**

- Take **STEP 1: MIFEPRISTONE** (green box)
- Wait 24-48 hours
- Have a light snack and take pain relief medication
- Wait 30-60 minutes
- Take **STEP 2: MISOPROSTOL** (orange box)

STEP 1 (MIFEPRISTONE)

Date:

Time:

STEP 2 (MISOPROSTOL)

Date:

Time:

- If you require **RHOGAM (RhIG)**, go to the hospital for the injection within 72 hours of starting to bleed. *This is only needed if you have a Rh Negative blood type and it was recommended by your SHORE Clinician. Bring the referral letter provided by your clinician.*

My RhIG Injection Date:
Hospital Where I got my Injection:

- My Birth Control Plan:

Contraceptive Type:
Contraceptive Start Date:

- Complete the 1 week and 4 week follow-up questionnaires from SHORE Centre
- Complete follow-up tests (ie blood test) as discussed with your clinician.

My Follow-Up Test:
Date of Test:

- Contact SHORE if you have any concerns. Let us know if you go to the hospital because of any concerns after taking Mifegymiso so we can ensure appropriate follow-up.

My Emergency:
My Hospital:
Date Seen:



