

Dr Myuran Ponnam-Palam

CYTOTEC INSTRUCTIONS

Misoprostol (200mcg)

What is misoprostol and what is it for?

Misoprostol (Cytotec) is a medicine used to soften the cervix and make it easier for your procedure to be performed or induce a miscarriage. Misoprostol should **NOT** be taken if you are, or you think you might be pregnant.

What are the side effects?

Some common side effects include abdominal cramping, vaginal bleeding, diarrhoea, nausea and vomiting. Rare side effects include shivering, hot flushes and chills. Please advise Dr Myran if you experience any of these symptoms. You can take paracetamol for pain with a sip of water if required. Please let Dr Myran know if you do so.

How do I use misoprostol?

Misoprostol tablets can be used either in the vagina, or under the tongue. Dr Myran will discuss the best option for you.

Using misoprostol in the vagina

Misoprostol tablets should be placed deep into the vagina when Dr Myran advises.

1. Go to the toilet and empty your bladder.
2. Wash your hands.
3. Remove misoprostol tablets from the foil packaging
4. Either in a squatting position or lying on your back or side, use your finger to push one misoprostol tablet deep into the vagina. Repeat this step for the second tablet.
5. Lie down for about 20 minutes after you insert the misoprostol tablets to allow the tablets to dissolve.
6. If you notice the tablets falling out, you may push them back in again.
7. Wash your hands.

Using misoprostol under the tongue

Misoprostol tablets should be placed under your tongue when Dr Myran advises.

1. Remove misoprostol tablets from the foil packaging.
2. Put 2 tablets under your tongue.
3. Allow the tablets to dissolve. The tablets may make your mouth dry or taste chalky as they dissolve.
4. After 30 minutes, if any of the tablets are left in your mouth, swallow with a sip of water.

Any questions please call us on 03 8788 7110 or email us on admin@myran.com.au if it is out of hours.