

# Pharmacist Checklist for Medical Abortion (MIFEpristone/MISOproston, Mifegymiso®)

NOTE: The information in this checklist and the accompanying [guide](#) is in accordance with the SOGC and Health Canada guidelines for medical abortion with MIFE/MISO.

## I. Pharmacist Prescription Assessment

<b>NECESSARY</b>	<input type="checkbox"/>
Confirm <b>indication</b> for medical abortion	<input type="checkbox"/>
<b>EFFECTIVE</b>	<input type="checkbox"/>
Verify <b>appropriate written date</b> for prescription (NOTE: if prescription was written $\geq 7$ days, ensure efficacy Health Canada indicate use up to 63 days from last menstrual period [LMP]; SOGC up to 70 days LMP)	<input type="checkbox"/>
<b>SAFE</b>	<input type="checkbox"/>
Identify patient will have <b>access to help</b> (personal support system, transportation, phone, emergency medical care)	<input type="checkbox"/>
Exclude absolute contraindications (uncontrolled severe asthma, adrenal failure, allergies, etc)	<input type="checkbox"/>
Consider and/or manage relative contraindications (IUD, long-term corticosteroid use, hemorrhagic disorders, anemia)	<input type="checkbox"/>
<b>ADHERENCE</b>	<input type="checkbox"/>
Confirm patient is making a <b>clear decision to complete treatment</b> for a medical abortion (consider if external pressure is being placed on the patient and if there are feelings of hesitancy; address as required)	<input type="checkbox"/>
Confirm patient able to <b>take MISO 24-48 hours</b> after MIFE	<input type="checkbox"/>
Confirm patient is able to attend <b>prescriber follow-up 7-14 days</b> after starting treatment	<input type="checkbox"/>

## II. Patient Counselling

<b>DIRECTIONS FOR USE</b> – review <b>appropriate administration</b>	<input type="checkbox"/>
<b>Day 1</b> MIFE (green box label): <i>take 1 tablet orally and swallow with water.</i>	<input type="checkbox"/>
<b>Day 2</b> (24-48 hours) MISO (orange box label): <i>place 4 tablets between the cheek and gum (2 on each side of mouth). Leave in place for 30 minutes, then swallow leftover fragments with water. ALWAYS take MISO, even if bleeding starts after MIFE.</i>	<input type="checkbox"/>

### EXPECTED SIDE EFFECT MANAGEMENT AND MONITORING

Side Effect	What to expect...	What can you do...	When to seek help...
Vaginal Bleeding & Discharge	<input type="checkbox"/> Starts <b>1-48 hours</b> after MISO (minimal bleeding after MIFE) <input type="checkbox"/> Heavier than menstrual period <input type="checkbox"/> Heavy bleeding lasts <b>2-4 hours</b> (light bleeding/spotting can last until next menstrual period) <input type="checkbox"/> <b>May contain blood clots</b>	<input type="checkbox"/> Use sanitary pads for heavy bleeding (should diminish upon pregnancy termination) <input type="checkbox"/> <b>Do not use tampons</b> <input type="checkbox"/> Use panty liners for light bleeding (up to 30 days after treatment)	<input type="checkbox"/> <b>Heavy vaginal bleeding</b> (saturates $\geq 2$ large sanitary pads per hour for 2 consecutive hours) <input type="checkbox"/> Dizziness or racing heart rate <input type="checkbox"/> Heavy bleeding > 16 days <input type="checkbox"/> <b>Foul-smelling vaginal discharge</b>
Pain & Cramping	<input type="checkbox"/> Starts <b>within 4 hours</b> of MISO <input type="checkbox"/> Greater than menstrual period <input type="checkbox"/> Increased pain up to 24 hours; discomfort may persist	<input type="checkbox"/> Comfort care (rest, hot pack, abdominal/lower back massage) <input type="checkbox"/> OTC options: ibuprofen, naproxen (acetaminophen is less effective alone; may be combined with codeine)	<input type="checkbox"/> Prolonged cramping > 16 days <input type="checkbox"/> Cramping/pain not improved with pain medications
Other	<input type="checkbox"/> Possible gastrointestinal side effects (nausea, vomiting, diarrhea), headache, or fever/chills <input type="checkbox"/> Self-limiting (usually after MISO)	<input type="checkbox"/> Can manage with OTC options (if pregnancy nausea is present, take anti-nauseant before MIFE and MISO) <input type="checkbox"/> Can reduce gastrointestinal side effects by taking MISO <u>after</u> a snack	<input type="checkbox"/> <b>Chills/fever &gt; 38°C for &gt; 6 hours</b> and malaise (weakness, nausea, vomiting, diarrhea) <input type="checkbox"/> Feeling sick with/without fever > 24 hours after MISO (possible infection)

### MISSED DOSES

If <b>MISO is forgotten</b> and > 48 hours has passed since MIFE: take MISO right away and inform prescriber at follow-up If <b>vomiting occurs</b> : i. < 1 hour after taking MIFE or during buccal absorption of MISO: contact prescriber/pharmacist for assessment ii. after swallowing MISO fragments 30 minutes following buccal administration: no action required	<input type="checkbox"/>
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### CONSIDERATIONS FOR START DATE

Refer to schedule in section 4.4 of the <a href="#">Pharmacist Resource Guide for Medical Abortion</a>	<input type="checkbox"/>
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## III. Supportive Care Checklist – ensure your patient has these before leaving...

<input type="checkbox"/> Sanitary pads and liners <input type="checkbox"/> Pain medications and/or anti-nauseants (OTC or Rx) <input type="checkbox"/> <b>Contraceptive plan</b> (fertility can return within 8 days) <input type="checkbox"/> Scheduled prescriber follow-up <input type="checkbox"/> Organized personal support (e.g. childcare, transportation) <input type="checkbox"/> Reviewed when and where to go for emergency complications	<input type="checkbox"/> MIFE start date: dd-mm-yyyy; MISO start date: dd-mm-yyyy <input type="checkbox"/> <b>Pharmacist Notes:</b> _____ _____ _____
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## IV. Optional Pharmacist Follow-up (perform 2-3 days after expected start date)

Does patient consent to follow-up? date: dd-mm-yyyy at 00:00 AM/PM; method: phone call/text message/e-mail via number/e-mail	<input type="checkbox"/>
<input type="checkbox"/> Check appropriate administration <input type="checkbox"/> Review side effect management	<input type="checkbox"/> Review contraceptive plan <input type="checkbox"/> Reinforce prescriber follow-up

Pharmacist Signature:	Patient Initials:	Date:
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