

# Mifegyne & Misoprostol following a spontaneous 2nd Trimester Intrauterine Fetal Death (IUFD)

Women's Health Service, Wellington Hospital

Doctors have found that by administering a prostaglandin product following a spontaneous second trimester intrauterine fetal death there are fewer complications both before and during the procedure. Misoprostol is widely used internationally to soften the cervix.

Medicines are generally registered in New Zealand for specific purposes. Mifegyne and Misoprostol are **not registered** here in NZ for use following a second trimester intrauterine fetal death. Research has shown Mifegyne and Misoprostol to be sufficiently safe and effective medicines. They do have a long established safety record when taken by mouth. It is therefore appropriate to prescribe them prior to a second trimester induction of labour.

The treatment will start with one Mifegyne tablet containing 200mg of mifepristone. The Mifepristone blocks the effects of progesterone, a hormone which is needed for the pregnancy to continue.

After taking the Mifegyne tablet nothing much will happen for about 12 hours. You may feel unwell, perhaps a little faint or sick during the first few hours.

## Bleeding

You may start to bleed. Bleeding and passing clots is not unusual after the medicine. Heavy bleeding can occur in a small number of women. Have some maternity pads available at home and use them if you begin to bleed. This helps us to know how much bleeding you are having if you need to call us.

You may also get cramps similar to or stronger than period pains. There is a small risk that you may miscarry at home.

## Pain relief

If you have cramps with your periods, you know what this is like and you can use the pain relief that you would normally take for period pain.

## Patient Sticky

If you are not used to period pain, don't be alarmed if you feel quite uncomfortable. If you are not allergic, try taking some Panadol or Nurofen (best taken before the cramps are bad), rest and curl up with a hot water bottle.

## Side effects

The most common side effect of Misoprostol is nausea. Some women also have mild diarrhoea. Misoprostol is given under supervision so that if the very rare side effect of severe vaginal bleeding occurs, it can be dealt with immediately.

## Returning to hospital

You will be admitted 48 hours after the administration of the mifepristone to start the misoprostol regime.

In some circumstances there may need to be a difference in the time between taking the mifepristone and starting the misoprostol administration). If you have any questions please ask the doctor.

## When to call the hospital

### The direct line to Delivery Suite is

**04 8060 850**

- If you have pain that you cannot manage with Paracetamol or a Non steroid anti inflammatory (NSAID) and a hot water bottle.
- If you bleed and soak more than two maternity pads in an hour for two hours in a row or one pad per hour for 10 hours in a row.

- If you are passing many large clots (larger than a small orange)
- If you are feeling faint and light headed.
- If you have a temperature over 38°C
- If you are worried about any of the symptoms that you are experiencing
- If there are problems with you keeping your next appointment on Delivery Suite or Ward 4 North.
- If you just want to make contact with us, please do not hesitate to ring. You can call us any time of the day or night.

### **Contact details**

Delivery Suite  
Level 4 South  
Wellington Hospital  
Phone: 04 8060 850 (Direct Line)  
(Extension 80850)