

# Information for patients and carers

## Home Termination of Pregnancy (HTOP)

### Treatment and Follow Up Guide



Date/time to take Misoprostol: \_\_\_\_\_  
(Oral tablet or vaginal tablet)

Date to take pregnancy test: \_\_\_\_\_

Date/time of telephone follow up: \_\_\_\_\_

## What is a home termination of pregnancy (HTOP)?

A HTOP is the process to bring an end to a pregnancy. This can be done with either medication or surgery. A medical HTOP involves taking two sets of tablets 48 hours apart.

A home HTOP allows the second medication to be taken at home. This may be offered to you if your pregnancy is less than 10 weeks in duration. You will pass the pregnancy tissue at home. Many women find this experience preferable and comfortable compared to being in a hospital.

## What is the process for home HTOP?



Appointment in hospital:  
Take Mifepristone

Two days later at home:  
Take Misoprostol

Three Weeks Later:  
Take the pregnancy test provided and await telephone follow up

## What will happen when I go home?

After taking the first tablet, you will be able to go home and will be given a pack containing:

- Misoprostol tablets
- This advice leaflet
- Low sensitivity pregnancy test
- Antibiotics – if needed
- Low molecular weight heparin – if needed, you will be shown how to administer this

You will also need to consider:

- Having access at home to pain relief (paracetamol or ibuprofen depending on your allergies)
- Having a supply at home of sanitary towels (not tampons)
- Having support at home – an adult who can stay with you
- Have a working telephone – to contact us if needed

## How do I take the Misoprostol (second part of the treatment)?

48 hours (two days) after your clinic appointment you need to take the Misoprostol.

**See the first page of this leaflet for your selected treatment.**

If your pregnancy was under 7 weeks

- You will have 400 micrograms of Misoprostol to take as a tablet to swallow

If your pregnancy was 7-10 weeks

- You will have 800 micrograms of Misoprostol to put at the top of the vagina
- To do this:
  - Empty your bladder and wash your hands
  - Insert the tablets one at a time as far up the vagina as you can, using your finger
  - Lie down for 30-60 minutes after insertion

## What can I expect to feel and see?

Most women experience cramping and bleeding. The bleeding may be heavier than a usual period. You may see some blood clots. It is also possible that you will see the foetus which may be up to 15 mms long at 10 weeks and recognisable as a very tiny baby. Once the pregnancy tissue has passed the pain and bleeding decreases, however you may experience light bleeding for up to 3 weeks.

You may also see a vaginal tablet come away once the bleeding starts. This is nothing to worry about as enough medication is likely to have been absorbed.

Other side effects include, diarrhoea, nausea, vomiting, headache, feeling hot and cold.

## What should I take for the pain?

If you do not have allergies to the following, we recommend:

Paracetamol 500mg -1 gram (1 or 2 x 500mg tablets) every 4-6 hrs to a maximum of 4 grams (8 x 500mg tablets) every 24 hours and Ibuprofen 200-400mg every 8 hours to a maximum of three doses in 24 hours.

## When should I take the pregnancy test?

You should take the pregnancy test provided three weeks after taking the misoprostol (tablets at home). Please use the one provided as this is calibrated specifically for this service. The nurse will ask you for the result at your follow up appointment.

## When can I return to normal activities?

You can return to normal activities as soon as you feel ready. It is not unusual to feel more tired for a few days following a HTOP and you may want to avoid strenuous activity.

You should wait for the bleeding to stop before resuming sexual activity and start contraception immediately or as discussed in your clinic appointment.

## When should I call for help?

Please call 999 if you experience shortness of breath, chest pain or loss of consciousness.

Please contact the Gynaecology and Early Pregnancy Assessment Unit (GPAU) **URGENTLY** if you experience any of the following:

- Heavy bleeding that soaks a pad in 30 mins or floods through your pads onto your underwear and clothes
- Pain that is taking your breath away and not improved with paracetamol or ibuprofen

Contact GPAU if you experience any of the following:

- Persistent or intermittent heavy bleeding in the weeks after taking the medication at home (mild bleeding is normal for up to 3 weeks)
- Bleeding that continues for more than three weeks
- Feeling faint or dizzy
- Smelly vaginal discharge
- Raised temperature or flu-like symptoms
- Burning or stinging when you pass urine
- If the urine pregnancy test provided to you in clinic is positive 3 weeks after taking the medication at home

## Contact details

If you have any more questions, please discuss these with the doctor or nurse looking after you. Should you require urgent advice during or following your TOP please contact the Gynaecology and Early

Pregnancy Assessment unit (GPAU): **01772 524415**. This number is available 24/7.

Should you require further advice or information please contact Gynaecology Outpatients Department: **01772 524386**.

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.lancsteachinghospitals.nhs.uk/veteran-aware](http://www.lancsteachinghospitals.nhs.uk/veteran-aware)

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All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage

your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

**Please ask a member of staff if you would like help in understanding this information.**

**This information can be made available in large print, audio, Braille and in other languages.**

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

[patientexperienceandinvolem@LTHTR.nhs.uk](mailto:patientexperienceandinvolem@LTHTR.nhs.uk)

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