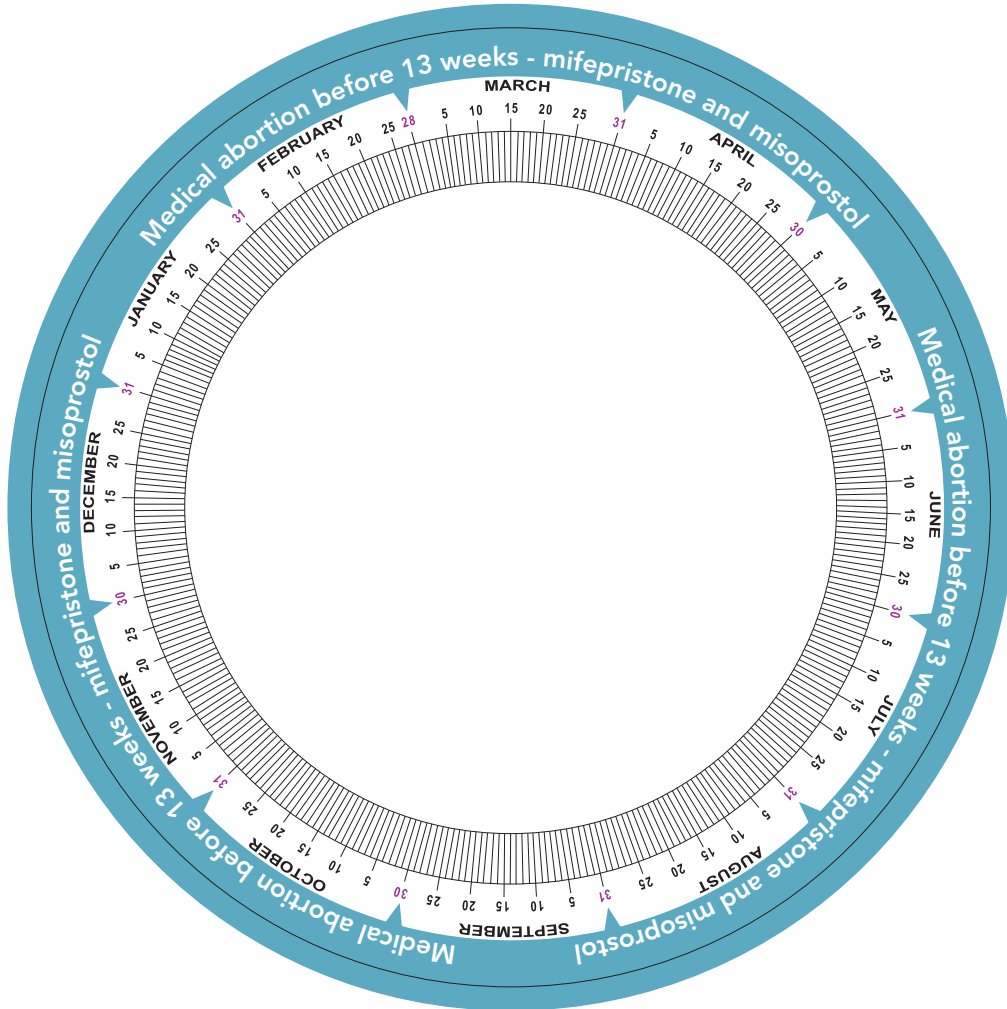


Print and Assembly Instructions for Gestational Dating Wheel for MA (both mife-miso and miso-only versions)

Note: It is very important that the small wheel be centered perfectly on the big wheel. If it is not, the number of days of gestation can be skewed and an inaccurate reading will occur. For this reason, it is a good idea to print and assemble a sample copy of the wheel before completing the entire print run.

1. The PDF is arranged with the front side of the big wheel as Page 1, the back side of the big wheel as Page 2, and the small wheel as Page 3.
2. To print the big wheel, ensure that you have selected the “two-sided printing” option on your computer. The PDFs are arranged so the wheels are centered on the page, and therefore your print-out should have the front and back sides of the wheel lined up evenly on opposite sides of the page. Print the desired quantity of Pages 1 and 2 together. Do not print page 3 at this time.
3. To print the small wheel, simply print the quantity of Page 3 that you need.
4. Neatly cut out both the large and small wheels along their outer lines – the PDFs have the correct size dimensions so the two wheels will fit together.
5. Center the small wheel over the side of the large wheel that shows the months and days of the year.
6. Use a brad, grommet, or similar connecting device to secure the two wheels together. The brad should anchor the wheels only at the center point, still allowing them to spin freely. Also, ensure that the connecting device does not obscure any text.
7. At this point, your Gestation Dating Wheel for MA should be ready to use. Please make sure that all text is legible and the small wheel is perfectly centered on the big wheel.

Black outline is trim line



MA before 13 weeks — mifepristone and misoprostol

Instructions for using the wheel

- Place the arrow marked “First day of last menstruation” on the corresponding date.

DOSAGE AND ROUTES OF ADMINISTRATION

Green zone:

- If today's date is in the **green zone**, the gestational age is 10 weeks or less.
- Swallow 200mg of mifepristone.
- One or two days later, place 4 pills of 200mcg each of misoprostol (800mcg total) either under the tongue (sublingual) or between the cheek and the gum (2 pills on each side, buccal), for 30 minutes; after 30 minutes swallow any remaining pill fragments.

OR

- Place 4 pills of 200mcg each of misoprostol (800mcg total) in the vagina.

Yellow, orange and red zones:

- If today's date is in the **yellow zone**, the gestational age is between 10 and 13 weeks. Mifepristone and misoprostol can be used, but the medicines may be less effective, multiple doses of misoprostol may be needed, and women

• may experience more side effects. Medical supervision in a facility is recommended.

- If today's date is in the **orange or red zones**, the gestational age is after 13 weeks. Medical supervision in a facility is recommended. For guidance on medical abortion at or after 13 weeks, go to www.ipas.org/2ndtriMA.

WARNING SIGNS

Tell women to contact their health-care provider immediately if they experience:

- Excessive bleeding: soaking more than 2 sanitary pads per hour for 2 consecutive hours, especially if accompanied by prolonged dizziness, lightheadedness, and increasing fatigue.
- Fever and/or severe abdominal pain that occurs any day after the day misoprostol is taken.
- Feeling very sick with or without fever, and persistent, severe nausea or vomiting after the day misoprostol is used.
- Unusual or bad-smelling vaginal discharge, especially if accompanied by severe cramps or abdominal pain.

Tell women to call their health care provider if they have no bleeding one to two days after taking all the pills.



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MIFMISGW-E19

Black outline is trim line

