

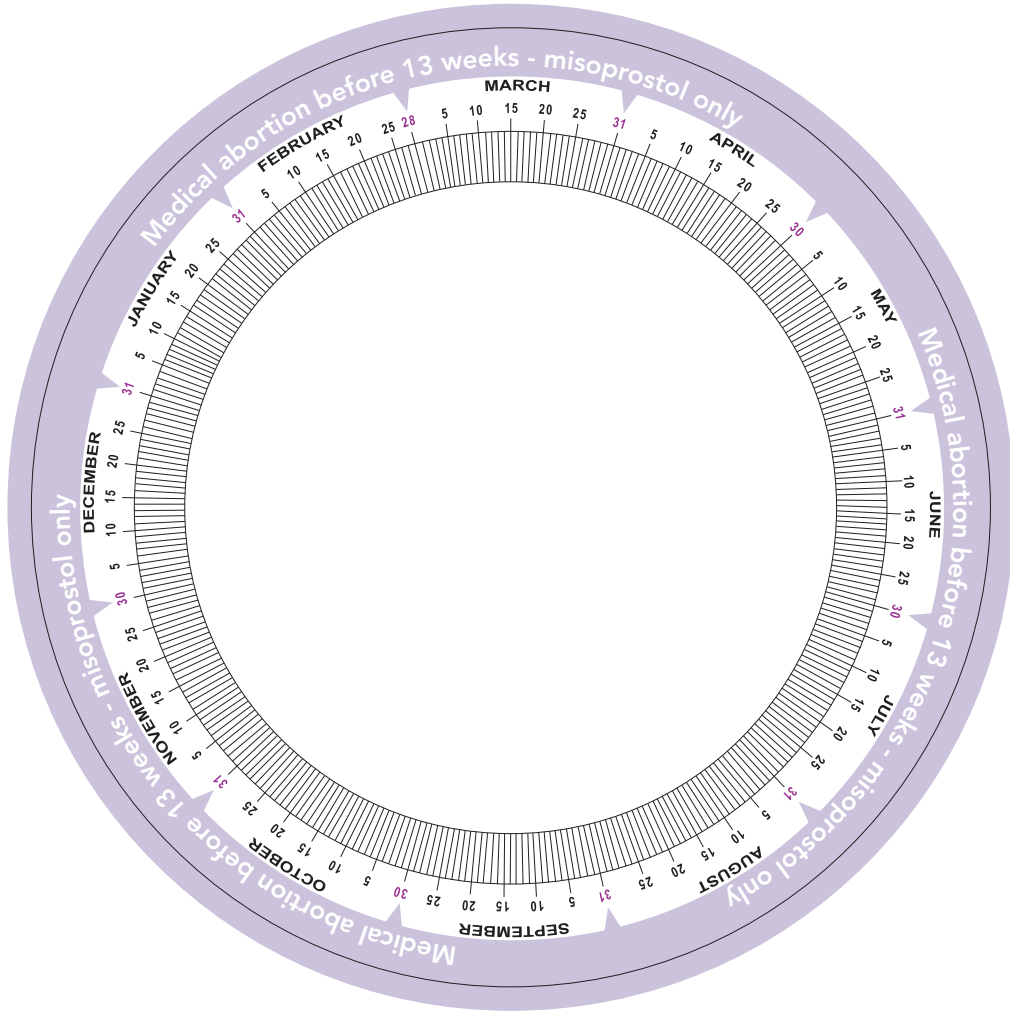
## **Print and Assembly Instructions for Gestational Dating Wheel for MA (both mife-miso and miso-only versions)**

**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 Gestational 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.



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## Medical abortion before 13 weeks — misoprostol only

### Instructions to use the wheel

- Place the arrow marked “First day of last menstruation” on the corresponding date.
- If today’s date is inside the green zone, the gestational age is 9 weeks or less and misoprostol can be used today.
- If today’s date is in the yellow zone, the gestational age is between 9 and 13 weeks and misoprostol can be used today; medical supervision is recommended.
- If today’s date is in the red zone, the gestational age is after 13 weeks.

### Dosage and route of administration for green and yellow zones

- *Sublingual:* Place four pills of 200mcg each of misoprostol (800mcg total) under the tongue for 30 minutes. After 30 minutes, swallow any remaining pill fragments.

#### OR

- *Vaginal:* Place four pills of 200mcg each of misoprostol (800mcg total) in the vagina.
- Repeat the dose every 3 hours until the pregnancy comes out.
- Follow up with a provider is required to ensure the abortion was successful.

### Warning Signs

Women should 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.

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



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