



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Mifepristone / Misoprostol for missed miscarriage

Information for patients, relatives and carers

Woman's Health Unit

① For more information, please contact:

York Early Pregnancy Assessment Unit (EPAU)

The York Hospital,

Tel: 01904 726489

Wigginton Road, York, YO31 8HE

Scarborough Women's Unit

Scarborough Hospital,

Woodlands Drive, Scarborough, YO12 6QL

Contact telephone numbers for Women's health unit

York Early Pregnancy Assessment unit
(EPAU) 8am to 1pm every day: 01904 726489

Gynaecology Assessment unit (York only):
(GAU) 24 hours every day 01904 726275

Scarborough Women's Health Unit: 01723 385358
8am to 4:30pm Monday - Friday

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Introduction

This leaflet should be read alongside the other patient information leaflet titled “options following a miscarriage”.

This information is about a treatment option available to you following a **missed miscarriage**.

A missed miscarriage has occurred when the pregnancy has come to an end with little or no sign that anything is wrong.

The options available to you are the same as those offered to all women experiencing a miscarriage –

- Expectant Management
- Medical Management
- Surgical Management

Mifepristone/Misoprostol is a form of medical management that has been shown to be more effective than standard medical treatment for pregnancies ending in a missed miscarriage, up to 13 weeks and 6 days.

Mifepristone / Misoprostol

What is mifepristone / misoprostol?

Often shortened to MifeMiso, this refers to the use of mifepristone and misoprostol used in combination (rather than misoprostol alone).

Mifepristone is an anti-progestogen. It prepares the womb for the effects of misoprostol and in this way makes it work more effectively.

Misoprostol is currently used by itself to manage miscarriages. It is particularly effective when the miscarriage has already started.

How do I take MifeMiso?

Mifepristone is a tablet that is swallowed.

Two days later, misoprostol is given as tablets that are swallowed.

In both cases it is advisable to stay for a short period of time (up to 30 minutes) in case of side effects.

However, in most cases no immediate effects are felt.

In most cases, the effects are the same as those experienced during other forms of medical management.

What are the benefits of MifeMiso?

A large trial involving 28 UK hospitals was performed to answer this question.

MifeMiso has been shown to increase the chance of completing the miscarriage (versus standard treatment).

In a group of 100 women taking [MifeMiso](#) –

83 completed the miscarriage within one week

In a group of 100 women taking [Misoprostol alone](#) –

76 completed the miscarriage within one week

What are the risks of MifeMiso?

For the majority of women, mifepristone is considered a safe medication. There are a few circumstances in which it would not be offered, these include –

- Acute porphyria
- Chronic adrenal failure
- Uncontrolled severe asthma
- Some existing cardiovascular diseases

These will be checked by the doctor and/or nurse before prescribing.

The women who participated in the trial found no increased instances of harm through receiving mifepristone.

Is MifeMiso part of national guidance?

No. At present NICE (the National Institute for Health and Care Excellence) do not recommend the use of mifepristone in the management of miscarriage.

However, this is not because the medication was felt to be unsafe. Rather, it was not believed to be effective.

As mifepristone has now been shown to be useful in the management of missed miscarriage, it is likely that national guidance will be updated to reflect this.

The Miscarriage Association in particular supports the use of MifeMiso and is hopeful that this will lead to changes in NICE guidance.

Do I have to have MifeMiso?

No. You do not need to have any treatment that you are unsure about or that makes you feel uncomfortable.

We feel it is important that you have all the information necessary to be able to make your own decision. You should be supported in which ever choice you make.

Where can I find further information?

The Miscarriage Association provides a wealth of information.

Information on MifeMiso itself can be found at -

<http://www.miscarriageassociation.org.uk/research/the-mifemiso-trial/>

Is there anything else that I should know?

It is important that you read the additional information leaflet titled “options following a miscarriage” as this covers all the options open to you.

Please do ask one a member of the EPAU team if you have any other questions.

For further information please contact us:

York Hospital, EPAU
Tel: 01904 726489.

Scarborough Hospital, EPAU
Tel: 01723 385358

Alternatively, you may prefer to contact your own GP. It is helpful if they are aware of the purpose of your consultation so that they have the relevant information from the hospital and your GP is then able to make sufficient time for you.

If you have been given a hospital appointment, please keep it.

A separate leaflet on some of the commonly asked questions around miscarriage is available from The Miscarriage Association, if you would like this and it has not been offered to you by the doctor or nurses, please ask. Or you can contact them yourself for more information on (01924) 200799;
www.miscarriageassociation.org.uk

[Websites accessed December 2022]

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Robin Hughes, Obstetrician and Gynaecologist,
The York Hospital, Wigginton Road, York, YO31 8HE,
telephone 01904 725111.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供，電
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

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