

TABLE W1

Expectant management or misoprostol: Comparative efficacy*

Type of early pregnancy loss	Efficacy of expectant management ¹⁷	Efficacy of misoprostol ³⁰
Incomplete abortion (Week 1)	53%	93%
Incomplete abortion (Week 2)	84%	N/A
Incomplete abortion (Week 7)	91%	N/A
Embryonic demise (Week 1)	30%	88%
Embryonic demise (Week 2)	59%	N/A
Embryonic demise (Week 7)	76%	N/A
Anembryonic pregnancy (Week 1)	25%	81%
Anembryonic pregnancy (Week 2)	52%	N/A
Anembryonic pregnancy (Week 7)	66%	N/A

N/A, not available.

*Efficacy is defined as complete uterine evacuation without the need for uterine aspiration.

TABLE W2

Performing manual vacuum aspiration (MVA) in the office: A step-by-step guide

1. Assess uterine size, orientation, and cervical dilation by bimanual examination.
2. Place speculum in the patient's vagina to visualize the cervix.
3. Apply povidone iodine to the cervix.
4. Inject 1 to 2 cc local anesthetic at 12 o'clock on the cervix.
5. Apply tenaculum at 12 o'clock.
6. To complete the paracervical block, inject additional 8 cc of anesthetic at 4 o'clock and 8 o'clock at the cervicovaginal reflection after careful aspiration to ensure the needle is not in a blood vessel.
7. Prepare the MVA syringe while waiting for block to take effect.
8. Choose a cannula equal in millimeters to the size of the gestational sac or the age of the embryo in weeks.
9. If necessary, dilate the cervix to match the size of the cannula.
10. Place cannula inside the uterus with the tip approaching the fundus.
11. Attach the cannula to the MVA syringe and release valve to initiate suction.
12. Remove uterine contents with gentle "twirling" motion of MVA syringe. If the cannula occludes, multiple passes may be required. (The procedure is complete when the uterus clamps down, feels gritty, and you see an adequate amount of tissue when you remove the cannula.)
13. Remove tenaculum and speculum.
14. Examine the products of conception with light box to confirm presence of pregnancy tissue.

Source: Meckstroth K, Paul M. First-trimester aspiration abortion. In: Paul M, Lichtenberg ES, Borgatta L, et al, eds. *Management of Unintended and Abnormal Pregnancy*. West Sussex, UK: John Wiley & Sons Ltd; 2009:135-156.