PREPARATION

The following items and considerations may help make the process easier.

- ☐ Plan the timing of medication doses before starting the process.
- ☐ Plan for time away from work and other responsibilities, such as childcare.
- ☐ Ibuprofen (avoid aspirin)
- ☐ Anti-nausea medication (such as Dramamine or Pepto-Bismol)
- ☐ Anti-diarrheal medication (such as Imodium AD)
- ☐ Heavy-flow maxi pads
- ☐ Heating pads or something warm to ease cramping pain
- ☐ Water to stay hydrated
- ☐ Comfortable, loose clothes
- ☐ Light snacks
- ☐ Support from a trusted friend who can help meet any needs that arise during the day.
- ☐ A plan for which hospital to go to in an emergency, and what to say to the staff.

Medical staff do not have to be told that abortion pills were taken, and disclosing this information might carry legal risk. Someone seeking care may simply say, "I'm bleeding abnormally and think something is wrong." **THERE IS CURRENTLY NO WAY TO DETECT ABORTION MEDICATION IF TAKEN ORALLY.** The treatment for a miscarriage and an abortion are the same, so the appropriate care will be provided even if taking pills is not mentioned.

MIFEPRISTONE + MISOPROSTOL ABORTION

1) Swallow 1 mifepristone pill (200 mg) with a glass of water.

2) Wait 24-48 hours. Mifepristone needs 24 hours to work and stops being effective after 48 hours.

3) Take 800 mg ibuprofen plus anti-diarrheal and anti-nausea medications 1 hour before starting misoprostol. This step is optional but can make the experience easier.

4) Place 4 misoprostol pills (200 mcg each) between the gums and cheek, or under the tongue, and let them dissolve. After 30 minutes, swallow any remaining pill residue with a glass of water.

5) Wait 3 hours. If cramping or bleeding has not happened at this point and more misoprostol is available, take another dose of 4 misoprostol pills as before. This process can be repeated every 3 hours until the pregnancy tissue leaves the body. If no bleeding occurs within 24 hours, call the M+A Hotline.

MISOPROSTOL-ONLY ABORTION

1) Take 800 mg ibuprofen plus anti-diarrheal and anti-nausea medications 1 hour before starting misoprostol. This step is optional but can make the experience easier.

2) Place 4 misoprostol pills (200 mcg each) between the gums and cheek, or under the tongue, and let them dissolve for 30 minutes. After that time has passed, swallow any remaining pill residue with a glass of water.

3) Wait 3 hours.

4) Repeat step 2.

5) Wait 3 hours. If cramping or bleeding has not happened at this point and more misoprostol is available, take another dose of 4 misoprostol pills as before. This process can be repeated every 3 hours until the pregnancy tissue leaves the body. If no bleeding occurs within 24 hours, call the M+A Hotline.

WHAT TO EXPECT

How to Tell if It's Working

- Expect cramping and bleeding, which will get more intense as the process continues and will lessen once the pregnancy has passed.
- The process will be painful. Some people report pain that's similar to a heavy period and others report severe pain. Both are normal.
- Clots of tissue may be expelled from the body. The process typically takes 6-10 hours, but times can vary widely.

Common Mifepristone Side Effects

Mifepristone side effects are mild, and can include nausea, dizziness, and bleeding.

Common Misoprostol Side Effects

- Shivering/chills
- Low-grade fever
- Diarrhea
- Abdominal pain
- Nausea
- Vomiting
- Headache

AFTERCARE:

- It is normal to experience off-and-on bleeding for 4-6 weeks; similar to a heavy or light period
- It could take 4-6 weeks for a period to return.
- Mucus-like vaginal discharge is common.
- It is normal to experience a range of strong emotions, or no emotions at all. The body will be adjusting to a fluctuation of hormones.
- Urine pregnancy tests may give a false positive for weeks after an abortion (due to lingering hormones). Wait 6-8 weeks before testing to confirm.
- The biggest indication that the abortion was successful is if pregnancy symptoms have gone away.
- You can ovulate and become pregnant soon after taking abortion pills, so consider contraception if you want to avoid pregnancy.

ABNORMAL SIDE EFFECTS

Soaking 2 or more heavy-flow maxi pads in an hour for 2 hours in a row is abnormal. Soaking means saturated top to bottom and side to side. This is rare but will require an immediate visit to the hospital.

Tip: An empty trash bag can be placed next to the toilet for used pads and emptied every 2 hours to help monitor bleeding.

SIGNS OF AN INFECTION:

- Chills and a fever of 101° F or higher in the days following an abortion.
- Severe pain or cramping after the abortion that is not helped with pain medication.
- Nausea, vomiting, and/or diarrhea that lasts more than 24 hours.
- Vaginal discharge that is itchy, painful, or smells bad.

Contact the M+A Hotline at (833) 246-2632 if you have no bleeding within 24 hours after taking all medications, if pregnancy symptoms persist or increase, if medication

ALL ABOUT

INSTRUCTIONS & RESOURCES

FIND ABORTION PILLS

Abortion pills are available by mail in all 50 states.

Abortion pills can be obtained in advance, whether or not someone is currently pregnant.

Laws vary state to state, and there may be legal risk in possessing, using, or sharing abortion pills. Digital security recommendations are available under Resources for anyone seeking to protect their privacy.

ABORTION PILL SOURCES:

PlanCPills.org

INFORMATION ABOUT ABORTION ADVOCACY:

ShoutYourAbortion.com

ABORTION PILLS ARE SAFE, EFFECTIVE, AND EASY TO USE!

A pregnancy can be ended with pills by taking the medications mifepristone and misoprostol together, or just misoprostol on its own. Both protocols are safe and effective. Instructions for both are included.

This booklet details the protocol for taking abortion medication up to 12 weeks into a pregnancy, as recommended by the World Health Organization. Using pills beyond 12 weeks remains safe and effective but involves a different protocol, experience, and legal considerations.

bit.ly/pregdatecalc can be used to calculate the length of a pregnancy.

FYI: *Each provider packages abortion pills differently and quantities may vary. Pills may come in blister packs, bottles, or loose in baggies; they may be 6-sided, round, or oval in shape; they can be white or yellow in color. Packages may contain anywhere from four to twelve+ tablets of misoprostol, but not all of them may be needed. Many early abortions only require four misoprostol, but sometimes more is required to complete the abortion.*

RESOURCES

Hotline hours vary, so checking them in advance may help with planning.

Miscarriage + Abortion Hotline: Offers anonymous access to pro-abortion doctors. **Call or text (833) 246-2632 or visit MaHotline.org.**

Reprocare: Offers anonymous peer-based emotional support and medical information. **Call or text (833) 226-7821 or visit Reprocare.com.**

Digital Security/Digital Defense Fund: Provides information about digital security for having a private and secure abortion. **Visit DigitalDefenseFund.org to learn more.**

Repro Legal Helpline: Provides free and confidential information about abortion laws in each state; will provide help if the police have made contact about an abortion, or if an emergency abortion is denied. **Contact (844) 868-2812 or visit ReproLegalHelpline.org.**

All-Options Talkline: Provides free and confidential support about any pregnancy-related experience. **Contact (888) 493-0092 or visit All-Options.org.**