

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

SIGNS OF AN INFECTION:

effects do not diminish within a few days or worsen. after taking all medications. Call or text if pregnancy side 2632 or visit MaHotline.org for guidance if no blood is expelled Call or text the Miscarriage + Abortion Hotline at (833) 246-

empty it every 2 hours to monitor bleeding. Tip: Place an empty trash bag next to the toilet for used pads and

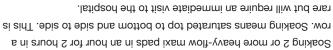
Hour 2











ABNORMAL SIDE EFFECTS:

FIND ABORTION PILLS

Abortion pills are available right now in all 50 states by mail. This will remain true no matter what happens in the courts.

People can get abortion pills just to be prepared, whether they are currently pregnant or not.

Laws vary state to state, and there may be legal risk in possessing, using, or sharing abortion pills. Please see the digital security recommendations under Resources in order to protect your privacy.



FIND ABORTION PILL SOURCES:

PlanCPills.org

GET INVOLVED IN ABORTION ADVOCACY:

ShoutYourAbortion.com

symptoms have gone away.

- The biggest indication that the abortion was successful is if pregnancy
- abortion (due to lingering hormones). Wait 6-8 weeks before testing to · Orine pregnancy tests may give a talse positive for weeks after an
- all. The body will be adjusting to a fluctuation of hormones.
- It is normal to experience a range of strong emotions, or no emotions at

 - · Mucus-like vaginal discharge is common. • It could take 4-6 weeks for a period to return.
- · It is normal to experience off-and-on bleeding similar to a heavy or light

AFTERCARE:



• Неадасре

· Nausea

 Low-grade fever Abdominal pain • Vomiting

Diarrhea Shivering/chills Common Misoprostol Side Effects:

nausea, dizziness, or very light bleeding.

• Side effects from mifepristone are minimal but can include

Common Mifepristone Side Effects:

typically takes 6-10 hours, but times can vary widely. · Clots of tissue may be expelled from the body. The process

similar to a heavy period and others report severe pain. Both The process will be painful. Some people report pain that's

the process continues.

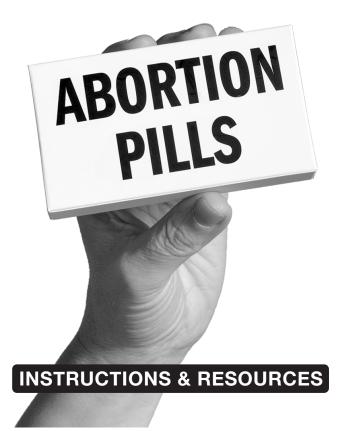
• Expect cramping and bleeding, which will get more intense as

How to Tell If It's Working:



WHAT TO EXPECT:

HOW TO USE



tissue leaves your body (see below for more info).

before. This process can be repeated every 3 hours until the pregnancy you have more misoprostol, take another dose of four misoprostol pills as 5) Wait 3 hours. If cramping or bleeding has not happened at this point and



3) Wait 3 hours.

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

exberience easier.

4) Repeat step 2.

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

MISOPROSTOL-ONLY ABORTION:

+ Abortion Hotline at (833) 246-2632.

before. If heavy bleeding hasn't occurred 3 hours later, call the Miscarriage you have more misoprostol, take another dose of 4 misoprostol pills as 2) Wait 3 hours. If cramping or bleeding has not happened at this point and

remaining pill residue with a glass of water.

or under the tongue, and let them dissolve. After 30 minutes, swallow any 4) Place 4 misoprostol pills (200 mcg each) between the gums and cheek,

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

effective after 48 hours.

 $2)\ \mbox{Wait}\ 24-48\ \mbox{hours}.$ Mifepristone needs $24\ \mbox{hours}$ to work and stops being

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

MIFEPRISTONE + MISOPROSTOL ABORTION:

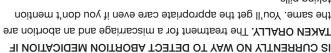
ABORTION PILLS ARE SAFE. **EFFECTIVE, AND EASY TO USE!**

You can end a pregnancy with pills by taking the medications mifepristone and misoprostol together. You can also end a pregnancy with misoprostol on its own. Both methods 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. Using pills beyond 12 weeks remains safe and effective. However, this requires a different protocol, experience, and legal considerations.

Calculate how many weeks pregnant you are by visiting DueDateCalculator.com.

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. You may receive anywhere from four to twelve tablets of misoprostol, but you may not need to use them all. Many early abortions only require four misoprostol. However, sometimes more is required to complete the abortion.



what you will say to the staff.

say, "I'm bleeding abnormally and think something is wrong." THERE abortion pills, and doing so might be legally risky. You can simply Remember you NEVER have to tell medical staff that you've taken

A plan for which hospital to go to in an emergency, and

эц	түе дау.
sA	Ask a trusted friend to support you and your needs for
giJ 🔲	Light snacks
oo 🗌	Comfortable, loose clothes
3W 🗌	Water to stay hydrated
ән 🗌	Heating pads or something warm to ease cramping pain
ән 🗌	Heavy-flow maxi pads
nA 🗌	(A muiboml as doue) noitsoibem laedrasixb-itnA
si8	Bismol)
nA 🗌	Anti-nausea medication (such as Dramamine or Pepto-
nqı 🗌	lbuprofen (avoid aspirin)
alte	alternative arrangements for childcare.
lsT 🗌	Take the day off when using misoprostol. Seek
bud	b.oceae.
ald [Plan the timing of medication doses before starting the
The foll	following suggestions can make your experience easier.

RESOURCES:



Check hotline hours ahead of time so you're prepared in case you need them.

Miscarriage + Abortion Hotline: Talk to pro-abortion doctors anonymously. 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 so you can have a private and secure abortion. Visit DigitalDefenseFund.org to learn more.

The Repro Legal Helpline: Provides free and confidential information about abortion laws in your state. They will help you if the police have contacted you about an abortion, or if you are denied an emergency abortion.

Contact (844) 868-2812 or visit ReproLegalHelpline.org.

All-Options Talkline: Provides free and confidential support about any pregnancy-related experiences.

