PREPARATION:

The following suggestions can make your experience easier.

- ☐ Plan the timing of medication doses before starting the process.
- ☐ Take the day off when using misoprostol. Seek alternative arrangements for 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
- ☐ Ask a trusted friend to support you and your needs for the day.
- ☐ A plan for which hospital to go to in an emergency, and what you will say to the staff.

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. Contact (888) 493-0092 or visit All-Options.org.

Remember you **NEVER** have to tell medical staff that you've taken abortion pills, and doing so might be legally risky. You can 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. You'll get the appropriate care even if you don't mention taking pills.

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 your experience easier.

2) 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.

3) Wait 3 hours.

4) Repeat step 2.

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

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 your 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 you have more misoprostol, take another dose of 4 misoprostol pills as before. If heavy bleeding hasn't occurred 3 hours later, call the Miscarriage + Abortion Hotline at (833) 246-2632.

AFTERCARE:

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

WHAT TO EXPECT:

How to Tell if It's Working:

- Expect cramping and bleeding, which will get more intense as the process continues.
- 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:

- Side effects from mifepristone are minimal but can include nausea, dizziness, or very light bleeding.

Common Misoprostol Side Effects:

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

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.

ABNORMAL SIDE EFFECTS:

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

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

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

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.

HOW TO USE ABORTION PILLS

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.

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