

FACT SHEET: HOW TO USE ABORTION PILLS

1. MAKE SURE YOU ARE PREGNANT

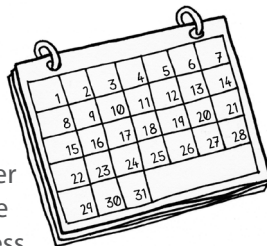
Take a urine pregnancy test.



2. CHECK YOUR DATES

Use a calendar or a gestational age calculator.

Measure the time from the first day of your last period to today. If you are over 12 weeks pregnant the instructions and process for a medication abortion are different and you should talk to a clinician or the M+A hotline (1-833-246-2632)

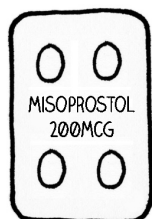


3. BE SURE THAT YOU DO NOT HAVE:

- IUD in place (must be removed before abortion)
- Long term treatment with steroids (nasal, inhaled, or topical steroids are ok)
- Ectopic pregnancy (Sharp pain in your lower belly could be a sign of an ectopic pregnancy. You should be examined by a clinician.)
- Bleeding problem or treatment with a blood thinner (aspirin is ok)

4. THE PILLS

You need two types of pills. The first is mifepristone. The second is misoprostol.



5. TIMELINE FOR TAKING PILLS

Time since last period → 8 weeks or less 9-12 weeks

Day 1	Take Mifepristone	Take Mifepristone
Day 2 (24-48 hours after taking mifepristone)	Take pain medication ↓ Wait one hour ↓ Then take 4 tabs of misoprostol	Take pain medication ↓ Wait one hour ↓ Then take 4 tabs of misoprostol ↓ Wait 4 hours, then take 4 more tabs of misoprostol

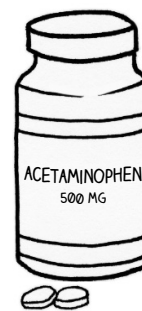
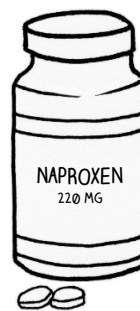
6. FIRST DAY: TAKE MIFEPRISTONE

Swallow one 200-mg pill.



7. SECOND DAY: TAKE PAIN MEDICATION

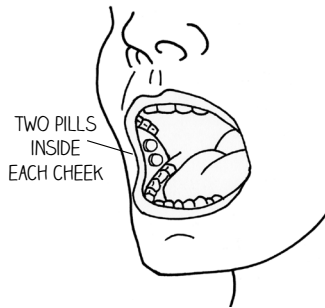
Up to four 200-mg ibuprofen pills, up to two 220-mg naproxen pills, or up to two 500-mg acetaminophen pills. You can take any of these pain pills before misoprostol. You can take more pain pills later if needed – follow the directions on the package.



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8. SECOND DAY: USE MISOPROSTOL

- Choose: Put pills inside your cheeks, under your tongue, or in your vagina. If abortion is a crime in your state, you should put the pills inside your cheeks or under your tongue. This way, there will be no pill fragments left behind (in the event that you need a medical exam). Do this any time 24-48 hours after taking mifepristone. If your period was less than nine weeks ago, only take four 200 microgram misoprostol pills. If your period was 9-12 weeks ago, you should take a second dose of four misoprostol pills four hours later.
- Mouth: Put two pills inside each cheek or put four pills under your tongue. Hold them there for 30 minutes while your body absorbs the medicine. Then swallow the pills with a drink.
- Vagina: Put pills in your vagina. Lie down for 30 minutes as your body absorbs the medicine. If the pills fall out after 30 minutes, throw them away.
- Your body absorbs the medicine from the pills within 30 minutes.



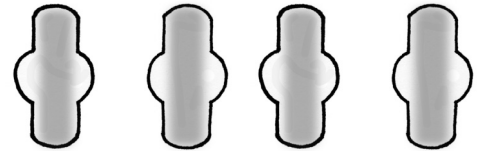
9. EXPECT BLEEDING

Cramps and heavy bleeding should start within 24 hours after misoprostol. You may see blood clots. You may have loose stools, fever, or chills. If you have no cramps and bleeding, you can use 4 more misoprostol pills. You should contact your clinician if you don't bleed after using misoprostol.



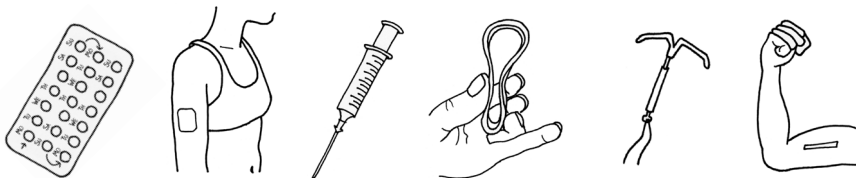
10. HOW MUCH BLEEDING IS TOO MUCH?

If you soak through two maxi-pads per hour, two hours in a row, you should contact a clinician.



11. WHEN TO START BIRTH CONTROL

If you start the implant, pill, patch, ring, or shot within 7 days of taking mifepristone, they take effect right away. Mifepristone might be slightly less effective if you get the shot on the same day as taking the pill. If you start them later, use a back-up method - like condoms - for the first seven days. You can get an IUD as soon as a few days after misoprostol.



Remember 2 x 2

2 pads/hour for 2 hours is too much bleeding!

