Pills were the right choice for me.

Abortion is safe and won’t lower my chances of getting or staying pregnant in the future—if that’s what I decide to do.

To learn more about abortion, birth control, or early pregnancy loss, check out the Reproductive Health Access Project website (reproductiveaccess.org) or refer to our Learning Guide.

Sam’s Medication Abortion

reproductivehealthaccessproject
reproductiveaccess.org
Hi, my name is Sam. When I'm not at work teaching third-graders, you can find me trying to read and cook at the same time, gardening, or hanging with my fam.

I was SO relieved when it was all over. I went back to work, hung out with my friends, and debated whether or not to adopt a kitten.

I also read that, very rarely, some folks need urgent help during a medication abortion. You should call your clinician if:

- You start to feel very ill after the heavy cramping and bleeding is over.
- You do not bleed at all within 24 hours of taking the misoprostol pills.
- You bleed through more than 2 maxi pads per hour for 2 hours in a row.
Casey just took 5 pills at home.

That was it.

Casey had told me to expect this, so I wasn’t worried.

I bled lightly for about a week and a half, but the heaviness was unusual.

This went away after a few hours.

Some diarrhea (the worst) but all of the cramps and nausea were expected.

I had heavy bleeding and bad cramps.

3 hours after inserting the misoprostol.
I was nervous, but the steps were pretty simple.

I chose a time after I slept well, drank a lot of water, and ate a good meal.

I first took 1 pill called mifepristone, which blocks the hormone progesterone. That's the hormone that causes a pregnancy to grow.

I felt a little queasy after that pill.

6 - 72 hours after you take the first pill, you can take the 4 misoprostol pills.

Those pills cause cramping and bleeding, which empties the uterus.

I took 4 200-mg ibuprofen pills 1 hour before taking the misoprostol pills, to help me with the cramping.

You can take the misoprostol pills 2 ways: either you put them in your cheeks and let them dissolve for 30 minutes or you put them in your vagina. I put them in my vagina.

After 30 minutes, I went to the living room to watch some TV with my roommate.

My roommate was so caring and made sure to keep the hot packs and cups of tea coming.

Then I lay in bed for 30 minutes while my body absorbed the pills.