

FACT SHEET: HOW TO USE MISOPROSTOL-ONLY FOR A MEDICATION ABORTION

Misoprostol pills can end a pregnancy. The mifepristone/misoprostol method causes fewer side effects and works better. People who can't get mifepristone may choose to use misoprostol alone.

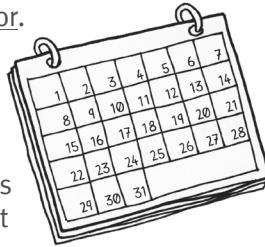
1. MAKE SURE YOU ARE PREGNANT

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 are different and you should talk to a clinician or the M+A hotline (1-833-246-2632)

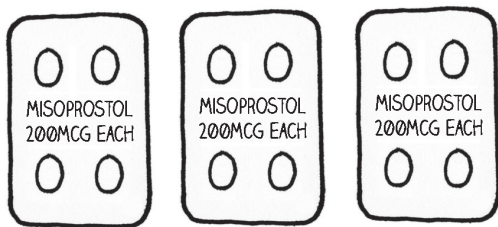


3. BE SURE THAT YOU DO NOT HAVE:

- IUD in place (must be removed before abortion)
- Ectopic pregnancy (Sharp pain in your lower belly could be a sign of an ectopic pregnancy. You should be examined by a provider.)
- Bleeding problem or treatment with a blood thinner (aspirin is ok)

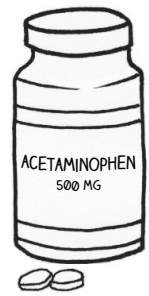
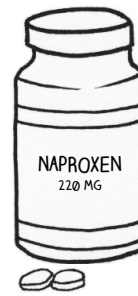
4. THE PILLS

You need 12 misoprostol pills. Each one contains 200 mcg.



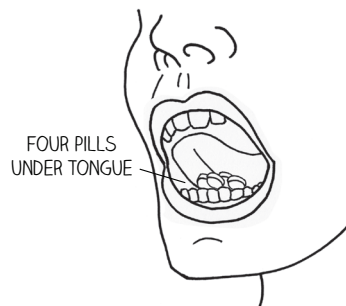
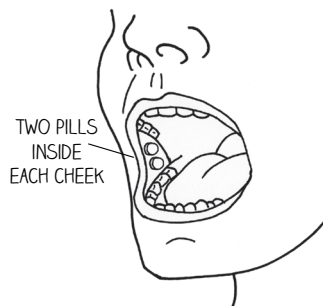
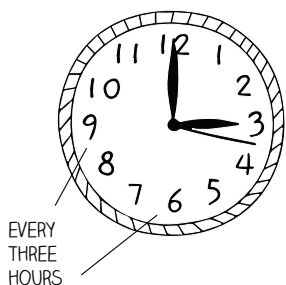
5. TAKE PAIN MEDICATION

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 if needed – follow the directions on the package.



6. 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).
- Take misoprostol **three times**, every three hours.



- **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.

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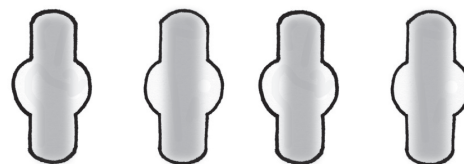
7. EXPECT BLEEDING

For most people, cramps and bleeding start within seven hours. You should have heavy bleeding, and you may see clots. You may have loose stools, fever, or chills. If you have no bleeding (or only light spotting) within 72 hours, you should contact your clinician.



8. 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.



Remember 2 x 2

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

9. WHEN TO START BIRTH CONTROL

If you start the implant, pill, patch, ring, or shot within 7 days of taking misoprostol, they take effect right away. 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.

