

Resources

For more information about digital security:

- Digital Defense Fund: digitaldefensefund.org
- I Need an A: ineedana.com/privacy

For medical questions after miscarriage or abortion:

- Miscarriage + Abortion Hotline: mahotline.org or 833-246-2632 (call or text)
- Self-Managed Abortion: Safe and Supported (SASS), abortionpillinfo.org

For legal support after miscarriage or abortion:

- Repro Legal Helpline: reprolegalhelpline.org or 844-868-2812 (call)

For trusted abortion providers:

- I Need an A: ineedana.com
- Abortion Finder: abortionfinder.org
- Plan C Pills: plancpills.com
- Charley chatbot: chatwithcharley.org

For emotional support after abortion or miscarriage:

- Reprocare Helpline: reprocare.com, 833-226-7821 (call or text)
- All Options Talkline: all-options.org, 888-493-0092 (call)
- Faith Aloud (religious/spiritual support for abortion and all pregnancy options): faithaloud.org, 888-717-5010 (call)



**Reproductive Health
Access Project**

Privacy Considerations for Abortion Care

Talking with others about pregnancy and/or abortion experiences can help in processing emotions and decision-making. But, **some people have been investigated or arrested** after information about their abortion or miscarriage was given to law enforcement--usually by **friends, family, partners, or healthcare workers**. Use the tips and resources in this guide to protect yourself and your digital information.



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Communication Safety

When talking about your experiences:

- Think about whom you want to know about your pregnancy and/or abortion.
- Confide in people you know and trust.
- Remind people that it's important that they keep this information private.
- Keep medications and paperwork related to abortion in a safe, private place.
- For emotional support, you can use free, anonymous hotlines that provide nonjudgmental support around pregnancy, miscarriage, and abortion.

Medical Privacy

Abortion pills and procedures are very safe. But if medical questions come up during or after your abortion, you may want to talk with a healthcare provider.

If you had your abortion in a clinic or hospital or had pills mailed to you by a healthcare provider:

Reach out to the facility/provider with any medical questions or concerns. Most clinics and internet-based providers have after-hours phone numbers for urgent questions

If you obtained abortion pills outside of a medical facility:

Call or text the Miscarriage + Abortion Hotline (1-833-246-2632) to speak anonymously with a trusted medical professional.

Medical emergencies after an abortion are very rare. If you think you are having a medical emergency and need to go to an emergency room, you can decide what information to share with staff. Abortion complications are managed in the same way as miscarriage complications.

Remember:

- Your symptoms (like heavy bleeding, dizziness, fever) are the most important information to share with healthcare workers.
- You do not have to tell anyone that you had an abortion.
- **There is no blood or urine test** that can detect abortion pills (mifepristone or misoprostol) in the body.
- You may choose to let misoprostol tablets dissolve in the mouth instead of placing the pills in the vagina. This avoids the chance of having visible pill fragments in the vagina in case you need medical care, which could include a pelvic exam.

Avoid pregnancy resource centers (also known as **crisis pregnancy centers**, or **CPCs**). These anti-abortion businesses lie about offering abortion services. They do not offer abortion care. They often provide inaccurate information to prevent people from having abortions. Some may offer free pregnancy tests or ultrasounds. **CPCs are not licensed healthcare facilities and they are not legally required to keep your personal information private.**

Digital Security

Be mindful when using the internet to talk about or research abortion. Data stored on our phones and computers can be used as evidence in an investigation.

Here are some tips:

- Consider using a private, encrypted text messaging app like Signal. Signal is only encrypted if you and the person you're texting both use the app! To be extra safe, set your Signal messages to automatically disappear after a period of time.
- Delete text and chat histories when you no longer need them and ask the person you're texting to delete them too.
- Avoid posting or messaging about abortion on social media like Facebook, Instagram, or TikTok.
- If you share a phone or computer with others or use a public computer, do not leave tabs open. Delete your browsing history after visiting abortion-related websites.
- Use a secure, private search engine like DuckDuckGo (duckduckgo.com) instead of Google.
- If you're traveling to an abortion clinic, delete location history from Google Maps or other maps apps. Stop sharing your location with anyone whom you would not want to know about your abortion.
- Not all abortion information on the internet is true. Stick with the trusted websites on the next page.