

Fact Sheet: How to Use Abortion Pills for 14-20 weeks

This guide shows you how to use pills for an abortion if you are 14 to 20 weeks pregnant. If you are less than 14 weeks pregnant, the process is different, and you can view the instructions in our [How to Use Abortion Pills Fact Sheet](#). If you are more than 20 weeks pregnant, visit ineedana.com to find care or contact the [M+A Hotline \(1-833-246-2632\)](#) to discuss your options.

Medication abortion becomes less effective the further along you are and it is more likely you will need help from a clinician. **If you would like to talk to a volunteer clinician about this process, you can call or text the [M+A Hotline](#).**

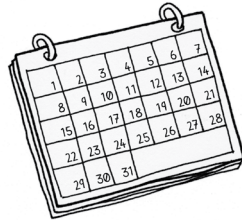
1. MAKE SURE YOU ARE PREGNANT

Take a urine pregnancy test.



2. CHECK YOUR DATES

Use a [gestational age calculator](#) to measure the time from the first day of your last period to today.



3. THINGS TO CONSIDER

- You may need an ultrasound if you have had a c-section in the past or if you do not know when your last period was.
- If your blood type is Rh negative, you should get a Rhogam shot around the time of the abortion.

4. BE SURE THAT YOU DO NOT HAVE:

- IUD in place (must be removed before abortion)
- Chronic adrenal failure
- **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).

5. THE PILLS

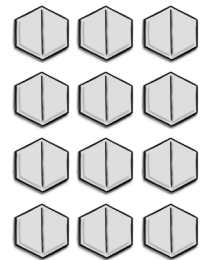
You need two types of pills.

1. Mifepristone.
2. Misoprostol.

You should have at least 12 tablets of 200 mcg misoprostol.



One Mifepristone pill



At least 12 misoprostol pills

6. TIMELINE FOR TAKING PILLS

Day 1: Take Mifepristone

Day 2 (24-48 hours after taking mifepristone):



Most people need to use 2 tabs of misoprostol 3 or 4 times, but some need to do it 5 or more times.

7. FIRST DAY: TAKE MIFEPRISTONE

Swallow one 200 mg pill.



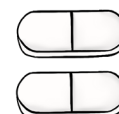
8. SECOND DAY: TAKE PAIN MEDICATION

- 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 pain pills throughout the process if needed. Follow the directions on the package.

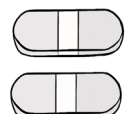
Pain Medication Options



Four 200 mg ibuprofen



Two 220 mg naproxen

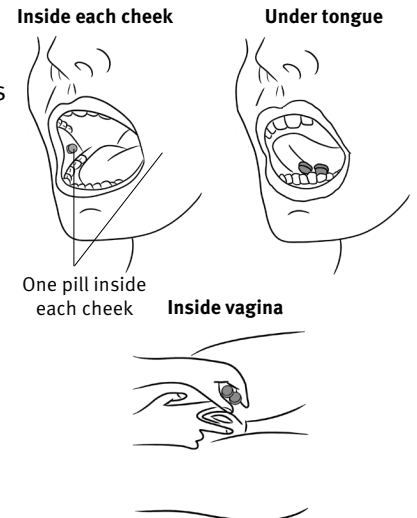


Two 500 mg acetaminophen

Fact Sheet: How to Use Abortion Pills for 14-20 weeks

9. SECOND DAY: USE MISOPROSTOL

- **Choose:** Put pills inside your cheeks, under your tongue, **or** in your vagina. Do this any time 24-48 hours after taking mifepristone. Keep using misoprostol every 3 hours until you have passed the pregnancy. Misoprostol works best if you use it every 3 hours.
 - **Mouth:** Put one pill inside each cheek **or** put two pills under your tongue. Hold them there for 30 minutes while your body absorbs the medicine. Then swallow the pills with a drink.
 - **Vagina:** Wash hands and put two pills in your vagina. Lie down for 30 minutes while your body absorbs the medicine. If the pills fall out after 30 minutes, throw them away. There may be pill fragments left behind, so use a clean finger to remove them if you need to seek in-person care.
- Your body absorbs the medicine from the pills within 30 minutes.



10. WHAT TO EXPECT

Side effects from misoprostol can include nausea, vomiting, diarrhea, fever, chills, shaking or soreness in the mouth. You may pass some clear fluid during the process. Cramping pain may get strong, especially before the pregnancy comes out. Even if there is no bleeding, keep taking misoprostol every 3 hours. You may have more bleeding after you pass the fetus and placenta.

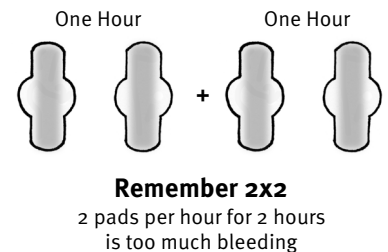
11. WHAT WILL I SEE?

You will pass blood, clots, a fetus, and a placenta. It is okay not to look. The fetus will be several inches long, and you may see a head, arms, or legs. If your pregnancy is early, the placenta may pass with the fetus and may be too small to see. The placenta may pass after the fetus and may look like a blood clot. You may be able to feel the umbilical cord attached to the placenta. If so, you should not pull on the umbilical cord. You should keep using misoprostol every 3 hours until you pass both the fetus and placenta. If you are unsure, you may keep using misoprostol every 3 hours.

12. WHEN SHOULD I SEEK MEDICAL CARE?

Your clinician or the clinicians at the [M+A hotline](#) can help you decide if you should go to the hospital. Things you should look out for:

- If you soak through two maxi-pads per hour, two hours in a row.
- If you have not passed the entire pregnancy yet and you ran out of misoprostol.
- If it has been many hours since you passed the fetus, but the placenta has not come out yet.
- If you have a fever that does not go away 24 hours after the last time you took misoprostol.
- If you have any chest pain, dizziness, headache, or shortness of breath.



13. WHAT SHOULD I DO WITH THE CONTENTS THAT I PASS?

This depends on where you live and what you prefer. If everything is small enough to flush down the toilet, you may do that. If you are around 15-16 weeks or later, the pregnancy may be too big. To lower legal risk, you can wrap it in many layers of plastic and place it in the garbage with other household waste.

14. 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. If you start them later, use a back-up method - like condoms - for the first seven days. Mifepristone may be slightly less effective if you get the shot on the same as taking the pill. You can get an IUD as soon as a few days after misoprostol. A pregnancy test may still be positive up to 6 weeks after the abortion.

ADDITIONAL RESOURCES

- [Repro Legal Helpline](#) for legal questions
- [Exhale](#) and [Reprocare](#) for emotional support
- [M+A Hotline](#) (1-833-246-2632) for medical questions

