

How To Take Your Abortion Pills

WHAT'S IN YOUR ABORTION KIT

- Timeline & Instructions
- 1 Mifepristone abortion pill (200 mg)
- 8 Misoprostol abortion pills (200 mcg each)
- Medicines for cramps and nausea
- 2 special pregnancy tests

1 BEFORE YOU BEGIN

Have access to:

- ✓ A comfortable place
- ✓ A bathroom nearby

Have the following items on hand:

- ✓ Menstrual pads
- ✓ Loose clothing
- ✓ Water
- ✓ The abortion kit
- ✓ A heating pad (*optional*)

2 DAY 1: TAKE THE MIFEPRISTONE

Swallow one 200 mg pill. Most people won't notice anything or have side effects after taking the mifepristone. But a few people may have some cramping, spotting, or bleeding.

3 DAY 2: TAKE PAIN MEDICATION

Before you take the misoprostol, take one of the ibuprofen tablets included in your kit. If you can't take ibuprofen, you can take up to two 500 mg acetaminophen (Tylenol) pills. If you need more pain medication later, follow the directions on the package. Please do not take more than the recommended amounts.

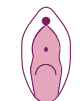


QUESTIONS OR CONCERNS?

Message us through our secure messaging platform, text or call us anytime.

4 DAY 2: TAKE THE MISOPROSTOL

Take the misoprostol 24-48 hours after you have taken the mifepristone pill (anytime between 24 to 48 hours is fine). You have the choice to take the misoprostol pills either in your cheek; under the tongue; or in your vagina.



How to take in your cheek or under the tongue:

Put 2 pills inside each cheek OR put 4 pills under your tongue. Hold them there for 30 minutes while your body absorbs the medicine. After 30 minutes you can swallow what is left of the pills in your mouth with a drink.

How to take by vagina:

Put 4 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. Your body absorbs the medicine from the pills within 30 minutes.

TIME SINCE LAST PERIOD	Less than 9 weeks	9-11 weeks
DAY 1	Take mifepristone	Take mifepristone
DAY 2 24-48 hours after taking mifepristone	Take pain medication Wait one hour Take 4 tabs of misoprostol	Take pain medication Wait one hour Take first 4 tabs of misoprostol Wait 4 hours Take remaining 4 tabs of misoprostol



NOTE: If your period was less than 9 weeks ago, you'll take 4 misoprostol pills. If your period was 9 or more weeks ago, you will take a second dose of 4 misoprostol pills 4 hours later. **We'll let you know how much to take.**



If you only take 4 pills of misoprostol, keep the extra 4 pills to use later if we ask you to do so.

5 WHAT TO EXPECT

You can expect the same symptoms as a heavy period, but more intense. Cramps can start 2 to 4 hours after the misoprostol (sometimes it takes longer) and may last for 3 to 5 hours. You will have bleeding and may see blood clots. You may also have nausea, diarrhea, fever, or chills. This should get better in a few hours. Use a heating pad and the pain or nausea medications to help as needed. Remember, heavy bleeding is normal. However, if you soak through 2 maxi pads per hour for 2 hours in a row, please contact us.

6 WHEN TO CONTACT US

You should contact us if:



Your bleeding soaks through more than 2 maxi pads per hour for 2 hours



You do **NOT** bleed within 24 hours after inserting the misoprostol



You start to feel ill after the heavy cramping and bleeding is over



You get a fever greater than 100.4°F/38°C more than 24 hours after taking misoprostol

7 WHEN TO START BIRTH CONTROL

It's possible to get pregnant again right away after abortion. If you want to prevent another pregnancy, it's important to use birth control. If you have questions about birth control or you'd like a prescription, please let us know.