

FACT SHEET : HOW TO USE ABORTION PILLS

1. MAKE SURE YOU ARE PREGNANT

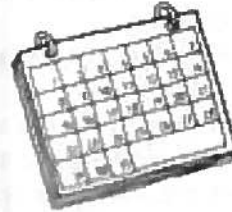
Take a urine pregnancy test.



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.



3. BE SURE THAT YOU DO NOT HAVE:

- IUD in place (must be removed before abortion)
- Long term treatment with steroids (nasal, inhaled, or topical steroids are ok)
- Ectopic pregnancy
- Bleeding problem or treatment with a blood thinner (aspirin is ok)

4. THE PILLS

You need two types of pills. The first is mifepristone. The second is misoprostol.



5. TIMELINE FOR TAKING PILLS

Time since last period → 8 weeks or less

9-11 weeks

11+ weeks

Day 1	Take mifepristone	Take mifepristone	Take mifepristone
Day 2 (24-48 hours after taking mifepristone)	Take pain medication ↓ Then take 4 tabs of misoprostol	Take pain medication ↓ Then take 4 tabs of misoprostol	Take pain medication ↓ Then take 4 tabs of misoprostol
		Wait 4 hours, then take 4 more tabs of misoprostol	Wait 3 hours, then take 2 tabs of misoprostol
			Repeat 2 tabs every 3 hours until pregnancy passes

get pills @ aidaccess.org

where to get pills by state @ planc.org plancpills.org

6. FIRST DAY: TAKE MIFEPRISTONE

Swallow one 200-mg pill.



7. 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 any of these pain pills before misoprostol. You can take more if needed – follow the directions on the package.



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8. SECOND DAY: USE MISOPROSTOL

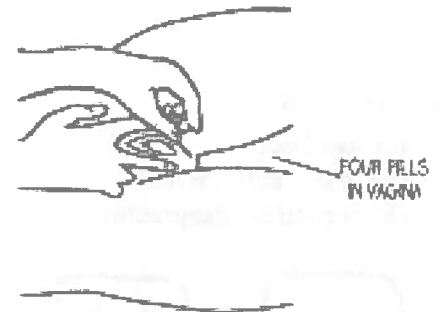
Choose: Put pills inside your cheeks, under your tongue, or in your vagina. Choose the method that feels best to you. Do this about 24 hours after swallowing the mifepristone.

8 weeks or less: If your period was 8 weeks or less ago, just use 4 of the 200mcg misoprostol pills. If your period was over 8 weeks, put a second dose in your mouth 4 hours later.

More than 11 weeks: If your period was more than 11 weeks ago, use 4 pills of the misoprostol at 24 hours and then 2 more pills 3 hours later, and then 2 more pills 3 hours after that and then 2 more pills every 3 hours until the pregnancy passes.

For 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.

For 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.

medical hotline: 1-833-246-2632

legal hotline: 844-868-2812

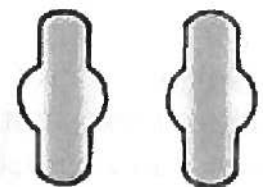
9. EXPECT BLEEDING

Cramps and heavy bleeding should start within 24 hours after misoprostol. You may see blood clots. You may have loose stools, fever, or chills. If you have no cramps and bleeding, you can use 2-4 more misoprostol pills. **You should contact your clinician if you don't bleed after using misoprostol.**



10. 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 for 2 hours is too much - call us!

11. WHEN TO START BIRTH CONTROL

- You can get the implant as soon as the same day as the medication abortion.
- You can start the pill, patch, ring or shot a day or two after the misoprostol.
- You can get an IUD when the bleeding is slowed down enough.

