

This information is useful for an abortion with pills *in pregnancies that are 13 weeks or less* counted from the first day of your last menstrual period.

CONTRAINDICATIONS OF MISOPROSTOL

Medical abortions are safe for the majority of women, but there are a few contraindications to using the abortion pills.

 **Misoprostol is NOT recommended if:**

- You are using **anticoagulants** (blood thinners) such as Heparin and Warfarin;
- You are **allergic** to Misoprostol or prostaglandins,
- You have an **ectopic pregnancy** (outside the uterus).

Using the abortion pills with an ectopic pregnancy will not harm you, but it will **not terminate the pregnancy**, and you should **seek medical care**.



If you have an IUD (Intrauterine Device) It is not a contraindication to using the abortion pills, however:

- The risk of having an ectopic pregnancy with an IUD is increased;
- Cramping is likely to be more intense,
- It is safer to have the IUD removed prior to using the abortion pills.

THE RECOMMENDED REGIMEN FOR AN ABORTION WITH MISOPROSTOL



Ibuprofen*
400 mg

2 pills



Misoprostol**
200 mcg

12 pills

* Get in touch with our counselors to discuss an alternative if you are allergic to Ibuprofen.

** These pills can be found in other shapes and forms depending on the country.

1 Take **2 Ibuprofen*** pills (400 mg each).

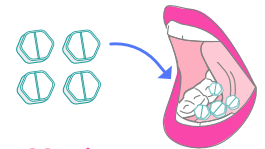
Wait 1 hour



2 Place **4 Misoprostol** pills (200 mcg each) under the tongue (sublingually).

Keep them under your tongue for **30 minutes** before swallowing the remnants with water.

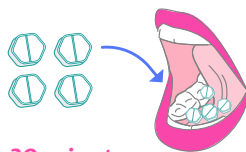
Wait 3 hours



3 Place **another 4 Misoprostol** pills (200 mcg each) under the tongue (sublingually).

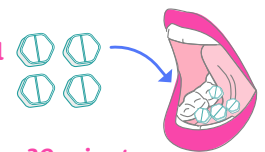
Keep them under your tongue for **30 minutes** before swallowing the remnants with water.

Wait 3 hours



4 Place **another 4 Misoprostol** pills (200 mcg each) under the tongue (sublingually).

Keep them under your tongue for **30 minutes** before swallowing the remnants with water.



It is strongly recommended to use 12 pills of Misoprostol. If you can't obtain 12 Misoprostol pills, you may choose to proceed with only 8 pills, but the effectiveness will be reduced, especially if you are between 10-13 weeks pregnant.

SIDE EFFECTS OF THE ABORTION PILLS

After taking Misoprostol, some women will experience the following side effects **for a few hours**:



headache



fever



nausea/vomiting



chills



diarrhea

WARNING SIGNS DURING AN ABORTION WITH PILLS



If you have one of the following symptoms, you might be experiencing a **complication** and you should seek **medical attention** immediately:

● Heavy bleeding

Two or more pads completely soaked (front to back & side to side) in 1 hour or less.

Lasting for **2 hours or more**



● A fever of 38 degrees Celsius or 100.4 degrees Fahrenheit

Fever that does not decrease after taking Ibuprofen (or other pain-relief medicine).

Lasting for **more than 24 hours** after using the abortion pills

Always **confirm with a thermometer**



● An allergic reaction

Redness, itchiness or swollen hands, neck and/or face. Difficulty breathing, even after taking antihistamine medicine.



● Blood very different from your regular period

Blood with a different color or smell.



PRECAUTIONS TO TAKE AFTER AN ABORTION WITH PILLS

In the few weeks after your abortion with pills and until your bleeding lightens, take the following precautions **to avoid hemorrhage and/or infection**:



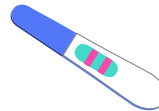
Using pads is recommended to monitor your bleeding during the first few days of the abortion, but then you can switch to tampons or a cup as soon as you are comfortable.



Return to your **normal activities** (exercise, work, etc.) **as soon as you feel ready**.



You can have sex whenever you are ready; the most important is to listen to your body and desire.

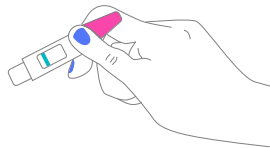


Please know **you can become pregnant again very shortly after your abortion**, within as little as two weeks.

HOW TO KNOW IF THE ABORTION PILLS WERE EFFECTIVE

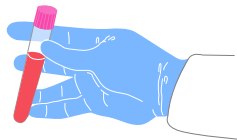
Urine Test (hCG)

- Can be done at home
- Accurate **4 weeks after** taking the abortion pills



Blood Test (hCG)

- Requires a medical visit
- Accurate **4 weeks after** taking the abortion pills



Ultrasound

- Requires a medical visit
- Accurate **2 weeks after** taking the abortion pills



Note: If performed less than 2 weeks after taking the abortion pills, blood and tissues might still be visible on the ultrasound. The medical staff could diagnose an "incomplete abortion" and advise unnecessary procedures.

▶ **Remember that it takes more or less 2 weeks to complete an abortion with pills.**



For more information and support, contact our abortion counselors by email at info@safe2choose.org or by live chat on [safe2choose.org](https://www.safe2choose.org).