CONTRAINDICATIONS TO THE ABORTION PILLS

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

**BOTH Mifepristone and Misoprostol are NOT recommended if:**
- You are using anticoagulants (blood thinners) such as Heparin and Warfarin;
- You have a bleeding disorder such as Porphyria,
- You have chronic adrenal failure,
- You are allergic to Mifepristone, 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.

**Mifepristone is NOT recommended if:**
- You have been using long-term steroids (such as Prednisone or Dexamethasone).
  However, you can have an abortion with Misoprostol only.
  
  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 MIFEPRISTONE AND MISOPROSTOL

1. Swallow 1 Mifepristone pill (200 mg) with water. Wait 24 - 48 hours

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

3. 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

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.

* 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.

It is strongly recommended to use 8 pills of Misoprostol. If you can’t obtain 8 Misoprostol pills, you may choose to proceed with only 4 pills, but the effectiveness will be reduced, especially if you are between 10-13 weeks pregnant.

SIDE EFFECTS OF THE ABORTION PILLS

After taking Mifepristone, very few women will experience symptoms, but after taking Misoprostol, some women will experience the following side effects for a few hours:

- headache
- fever
- nausea/vomiting
- chills
- diarrhea
**LISTEN TO YOUR BODY AND DESIRES**

You can start any sexual activity whenever you feel it’s right for you, but it is advisable to wait until your bleeding lightens.

**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:

- Avoid introducing objects into your vagina
  - tampons
  - menstrual cups

- Avoid engaging in intense activities
  - exercising
  - carrying, pushing, or pulling heavy objects
  - walking more than normal
  - walking up too many stairs

**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

- **Blood very different from your regular period**
  - Blood with a different color or smell.

- **An allergic reaction**
  - Redness, itchiness or swollen hands, neck and/or face. Difficulty breathing, even after taking antihistamine medicine.

**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

*Note: It is better when the same blood test was done prior to taking the abortion pills to compare hormone levels.

**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.