The recommended regimen for an abortion with misoprostol only is useful for pregnancies that are 13 weeks or less counted from the first day of your last menstrual period. Medical abortions are safe for the majority of women, but there are a few contraindications to using the abortion pills.

**Contraindications of Misoprostol**

- **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.

**The recommended regimen for an abortion with misoprostol**

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

* 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.**
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.

To prevent a future unwanted pregnancy, a contraceptive method can be used as ovulation will occur approximately 10 days after taking the abortion pills.

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

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

Blood Test (hCG)
- Requires a medical visit
- Accurate 4 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.