

HOW TO HAVE AN ABORTION WITH MISOPROSTOL ONLY (SUBLINGUAL)

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 TO USING MISOPROSTOL ABORTION PILLS

Medical abortions are safe for the majority of people, 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**. If you suspect or have an ectopic pregnancy, **seek medical care**.



Having an IUD (intra-uterine device) 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 MISOPOSTROL ONLY (SUBLINGUAL)



Ibuprofen¹
800 mg
1 pill



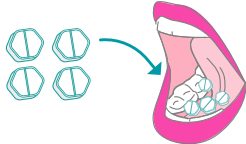
Misoprostol²
200 mcg
12 pills

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.

- 1** Take **800 mg of ibuprofen**.
Wait 30 minutes



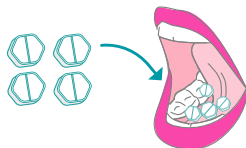
- 2** Place **4 misoprostol** pills (200 mcg each) under your tongue and hold them there for 30 minutes.



After **30 minutes**, you can drink some water and swallow what's left of the pills.

Wait 3 hours

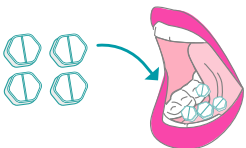
- 3** Place **another 4 misoprostol** pills (200 mcg each) under your tongue and hold them there for 30 minutes.



After **30 minutes**, you can drink some water and swallow what's left of the pills.

Wait 3 hours

- 4** Place **another 4 misoprostol** pills (200 mcg each) under your tongue and hold them there for 30 minutes.



After **30 minutes**, you can drink some water and swallow what's left of the pills.

¹ Get in touch with our counselors to discuss an alternative if you are allergic to ibuprofen.

² These pills can be found in other shapes and forms depending on the country.

EXPECTED SYMPTOMS AND SIDE EFFECTS AFTER USING MISOPROSTOL

After taking misoprostol, **cramping and bleeding** may start within 30 minutes or take up to 24 hours. Strong cramps are normal as the uterus contracts to remove the pregnancy.

Bleeding can be similar to or heavier than a period, with blood clots and tissue passing, varying in size depending how far along the pregnancy was. The duration of heavy bleeding and intensity of the cramps vary from person to person.

Misoprostol can cause **side effects that should go away within 24 hours**, such as:



diarrhea



nausea



vomiting



dizziness



stomachache



headache



fever



chills

WARNING SIGNS DURING AN ABORTION WITH PILLS

 **There are some warning signs that need medical care.** They are rare, but if you have any of these symptoms, get help right away.¹

● **Heavy bleeding**

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

Lasting for **2 hours in a row**.



● **Fever**

A fever of 38 degrees Celsius (100.4°F) or higher that starts 24 hours after using the last dose of misoprostol and does not go down after taking ibuprofen.

Always **confirm with a thermometer**.



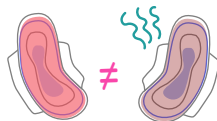
● **Severe pain**

Severe pain that does not get better after taking pain medication.



● **Blood very different from your regular period**

Feeling very sick and/or noticing a strange color or bad smell in your blood, like a foul-smelling discharge, could be a sign of infection.



● **An allergic reaction**

Experiencing redness, itchiness, or a swollen neck, face, or hands are signs of an allergic reaction to the medication. You can use an antihistamine, but if you find it **difficult to breathe** then the allergic reaction is very serious and you need medical care immediately.



¹ **Abortion pills are not detectable** when used under the tongue. If you need help, it's up to you whether or not to disclose using them.

PRECAUTIONS AND CARE AFTER AN ABORTION WITH PILLS

In the weeks after your abortion with pills, **keep these tips and precautions in mind.**

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.



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



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



It's normal to feel **different emotions** after a pregnancy ends. If you need support, talking about your feelings with someone you trust can help.



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

Having an abortion with pills takes around 15 days to complete.

Pregnancy symptoms

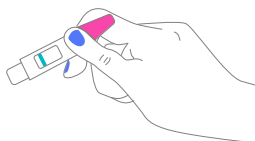
Pregnancy symptoms should improve over the next few weeks after using the pills, which indicates the abortion worked. Nausea and frequent urination typically stop within a few days, while symptoms like breast tenderness may last up to 10 days.

Confirming abortion success

Pregnancy tests can be done to confirm that the abortion was successful.

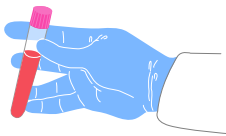
Urine Test (hCG)

- Can be done at home.
- Wait **4 to 5 weeks after** taking the pills for an accurate result. Taking it sooner may give a false positive result.



Blood Test (HCG)

- Requires a medical visit.
- Wait **4 to 5 weeks after** taking the pills for an accurate result.



Ultrasound

- It is not mandatory to get an ultrasound after an abortion.
- Requires a medical visit.
- Wait **2 weeks after** taking the pills for a more accurate result.



Note: If performed less than 2 weeks after taking the abortion pills, blood and tissue might still be visible on the ultrasound.

The medical staff could diagnose an "incomplete abortion" and advise unnecessary procedures.



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)