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

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

2. **Place 4 Misoprostol** pills (200 mcg each) under the tongue (sublingually).
   - Wait 3 hours
   - Keep them under your tongue for 30 minutes before swallowing the remnants with water.

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.

4. **Place an extra dose of 4 Misoprostol pills** (200 mcg each) under the tongue (sublingually) **only if:**
   - A) No bleeding occurs **3 hours** after taking the second dose of 4 pills of Misoprostol,
   - or
   - B) You are **9-11 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
**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_

**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.

**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.

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

_safe2choose_

For more information and support, contact our abortion counselors by email at info@safe2choose.org or by live chat on safe2choose.org.