

Dis information dey useful for belle wey dem wan commot with medicine wey dey 13 weeks or less if you count from the first day of your last period.

CONTRAINDICATION TO THE ABORTION MEDICINE

Medical abortion dey safe for many women, but e get some few contraindications before you use abortion medicine.

 **BOTH Mifepristone and Misoprostol NO DEY recommended if:**

- You dey use **anticoagulants** (blood thinners), like Heparin and Warfarin
- You get **bleeding disorder** like Porphyria
- You get **chronic adrenal failure**
- Mifepristone, Misoprostol or prostaglandins **no good for your body**; or
- You get **ectopic pregnancy** (belle wey dey outside the uterus).

You get ectopic pregnancy (belle wey dey outside the uterus). The abortion medicine **no good do you anything**, but e no go commot the belle and you need to go **see your doctor**.

 **Mifepristone NO DEY recommended if:**

- You don **dey use steroids**, like prednisone or dexamethasone.
*However, you fit do abortion with **only Misoprostol***



If you get IUD (intra-uterine device), no be contraindication to use abortion medicine, but:

- The risk say person go carry ectopic pregnancy with an IUD go increase
- Cramping go dey more serious
- E dey safe to remove your IUD removed before you use the abortion medicine.

THE AMOUNT WEY DEM RECOMMEND FOR ABORTION WITH MIFEPRISTONE AND MISOPROSTOL



Mifepristone
200 mg

1 medicine



Ibuprofen*
400 mg

2 medicine



Misoprostol**
200 mcg

8 medicine

* Yarn with our counselors to discuss anoda medicine wey you fit take if Ibuprofen no good for your body.

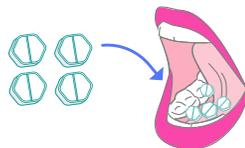
** You fit find this medicine for different shape as e depend on top your country.

- 1** Swallow **1 Mifepristone medicine** (200 mg) with water.



Wait for 24–48 hours

- 3** Put **4 Misoprostol** medicine (200 mcg each) under your tongue (sublingually).



Keep them under your tongue for **30 minutes** before you swallow wetin remain with water.

Wait 3 hours

- 2** Take **2 ibuprofen*** medicine (400 mg each).



Wait 1 hour

- 4** Put **another 4 Misoprostol** medicine (200 mcg each) under your tongue (sublingually).



Keep them under your tongue for **30 minutes** before you swallow wetin remain with water.

E dey highly recommended sey, you use 8 tablet of Misoprostol. If you no fit get 8 tablet of Misoprostol tablets, you fit only 4 tablet, but the effectiveness go reduce, especially if your belle dey between 10–13 weeks.

SIDE EFFECT OF ABORTION MEDICINE

After you don take Mifepristone, very few women go feel symptoms, but after you don take Misoprostol, some women go feel dis **side effect for some few hours**.



Headache



Fever



Nausea/Vomiting



Cold



Diarrhea

LIST OF WARNING SIGN DURING ABORTION WITH MEDICINE

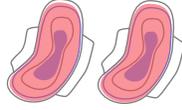


If you get one of dis symptoms, you fit dey get **complication**, and go see your **doctor** sharp sharp

● Heavy bleeding

You soak two or more pad (front to back & side to side) inside 1 hour or less.

Wey last for **2 hours or more**



● Fever dey 38 degrees Celsius or 100.4 degrees Fahrenheit

Fever no dey reduce even after you take ibuprofen (or other pain relief medicine).

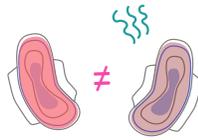
E **last pass 24 hours** after you don use the abortion medicine.

Always **check with thermometer**



● Blood dey very different from your regular period

Blood with different color or smell.



● Allergic reaction

Your hand, face or neck dey red, scratch you or swell up. E no easy to breathe, even after you don take antihistamine medicine.



PRECAUTION TO TAKE AFTER ABORTION WITH MEDICINE

During the few weeks after your abortion with medicine, and until your bleeding reduce, take dis precaution **to avoid hemorrhaging and/or get infection**:

✗ No put any object inside your toto



tampon



menstrual cups

✗ No do anything wey go take your energy:



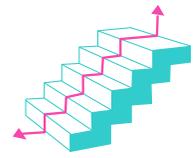
exercise



to carry, push, or pull any heavy object



to waka more than normal



to waka too many step



HEAR WETIN YOUR BODY AND DESIRE DEY TALK

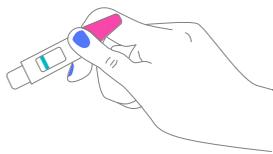
You fit start any sexual activity if you like, but we advise say make you **wait until your bleeding reduce**.

To avoid anoda belle wey you no want, you fit use contraceptive as your ovulation go come after like 10 days after you don take the abortion medicine.

HOW TO KNOW IF THE ABORTION MEDICINE WORK

Urine Test (HCG)

- You fit do am for house
- **4 week after** you don take the abortion medicine



Blood Test (HCG)

- You go need medical visit
- **4 week after** you don take the abortion medicine



Note: E betta to do blood test too before you take the abortion medicine so dat you go fit compare hormone level.

Ultrasound

- You go need medical visit.
- **2 weeks after** you don take the abortion medicine



Note: If you do am before 2 weeks after you don take the abortion medicine, blood and tissue fit still show for the ultrasound. The medical staff fit talk say "the belle neva commot finish" and advise procedure wey you no need.

▶ Remember say e go take like more than 2 weeks or less to take complete abortion with medicine.



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