

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 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



Ibuprofen*
400 mg
2 pills



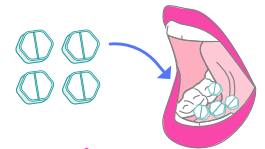
Misoprostol**
200 mcg
12 pills

* 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.

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



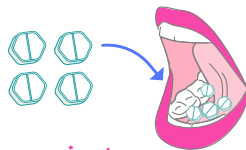
- 2** Place **4 Misoprostol** pills (200 mcg each) under the tongue (sublingually).



Keep them under your tongue for **30 minutes** before swallowing the remnants with water.

Wait 3 hours

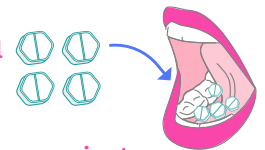
- 3** Place **another 4 Misoprostol** pills (200 mcg each) under the tongue (sublingually).



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

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).

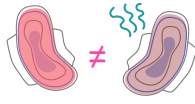
Lasting for **more than 24 hours** after using the abortion pills

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.



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

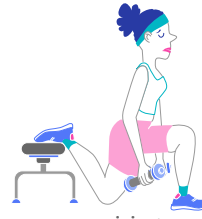


tampons



menstrual cups

✗ Avoid engaging in intense activities



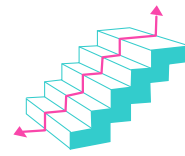
exercising



carrying, pushing, or pulling heavy objects



walking more than normal



walking up too many stairs



LISTEN TO YOUR BODY AND DESIRES

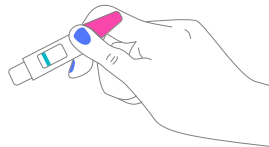
You can start any sexual activity whenever you feel it's right for you, but it is advisable to **wait until your bleeding lightens**.

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



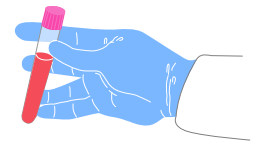
Ultrasound

- 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](https://www.safe2choose.org).