

**1. MAKE SURE YOU ARE PREGNANT**

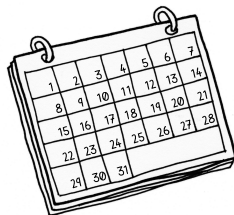
Take a urine pregnancy test.



**2. CHECK YOUR DATES**

Use a calendar or a gestational age calculator.

Measure from the first day of your last period to today.

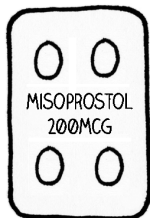


**3. BE SURE THAT YOU DO NOT HAVE:**

- Long term treatment with steroids (nasal, inhaled, or topical steroids are ok)
- Ectopic pregnancy
- Bleeding problem or treatment with a blood thinner (aspirin is ok)

**4. THE PILLS**

You have two types of pills. The first is mifepristone. The second is misoprostol.



**5. HOW TO TAKE THE PILLS**

Time since last period	→ 8 weeks or less	9-11 weeks	12+ weeks
<b>Day 1</b>	Take mifepristone	Take mifepristone	Take mifepristone
<b>Day 2</b> (24-48 hours after taking mifepristone)	Take pain medication ↓ Then take 4 tabs of misoprostol	Take pain medication ↓ Then take 4 tabs of misoprostol	Take pain medication ↓ Then take 2 tabs of misoprostol
		↓ Wait 4 hours, then take 2 more tabs of misoprostol	↓ Wait 3 hours, then take 2 more tabs of misoprostol
			↓ Repeat 2 tabs every 3 hours until pregnancy passes

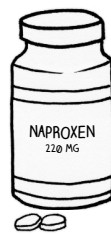
**6. FIRST DAY: TAKE MIFEPRISTONE**

Swallow one 200-mg pill.



**7. SECOND DAY: TAKE PAIN MEDICATION**

Up to four 200-mg ibuprofen pills, up to two 220-mg naproxen pills, or up to two 500-mg acetaminophen pills. You can take any of these pain pills before misoprostol. You can take more if needed – follow the directions on the package.



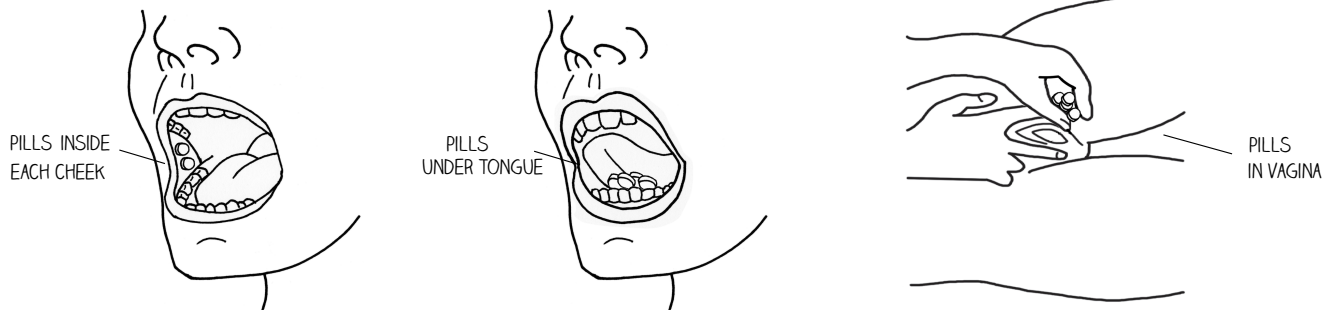
## 8. SECOND DAY: USE MISOPROSTOL

Use the table in **Step 5** to find how many pills to take and when to take them.

**Choose:** Put pills inside your cheeks, under your tongue, or in your vagina. Choose the method that feels best to you. Do this about 24 hours after swallowing the mifepristone.

**For Mouth:** Put pills inside each cheek or under your tongue. Hold them there for 30 minutes while your body absorbs the medicine. Then swallow the pills with a drink.

**For Vagina:** Put pills deep in your vagina. Lie down for 30 minutes as your body absorbs the medicine. If the pills fall out after 30 minutes, throw them away.



## 9. EXPECT BLEEDING

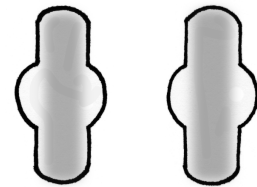
Cramps and heavy bleeding should start within 24 hours after misoprostol. If you have no cramps and bleeding, you can use 2 more misoprostol pills.

You may see blood clots. If you're more than 8-9 weeks, you may see the pregnancy tissue (embryo). You may have diarrhea, fever, or chills.



## 10. HOW MUCH BLEEDING IS TOO MUCH?

If you soak through two pads per hour, two hours in a row, you should contact a clinician.



**Remember 2 x 2 !**

2 pads for 2 hours is too much – call us!

**M+A Hotline: (833) 246 2632**



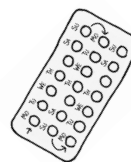
## 11. AFTER THE ABORTION

The heavy bleeding should slow down within 24 hours. You might bleed on-and-off for a few weeks after the abortion.

**Contact your provider if:**

- you don't bleed after using misoprostol
- you still have heavy bleeding a few days after the abortion
- you still feel pregnant

Your pregnancy symptoms should go away after you use the pills. Pregnancy tests can stay positive 5 weeks after the abortion. If you're not sure if the abortion worked, you can get an ultrasound.



You can have sex again when you feel ready. You can get pregnant as soon as 8 days after an abortion. Most birth control methods can be started right after an abortion.

**Important:** If you had an abortion after 12 weeks and your blood type is rH negative, you should get a shot called Rhogam. This prevents problems in future pregnancies. You should get the shot within 3 days of the abortion.