

HOW TO USE ONLY MISOPROSTOL FOR A MEDICATION ABORTION

1. MAKE SURE YOU ARE PREGNANT

Take a regular 2-line at-home urine pregnancy test.

Note: Digital tests can give false positive results.



2. HOW MANY WEEKS PREGNANT AM I?

Use a pregnancy calculator or a calendar to count how many weeks have passed since the first day your last period started.



3.



DO NOT TAKE THIS MEDICATION IF YOU HAVE:

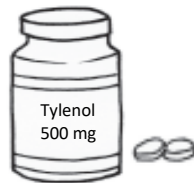
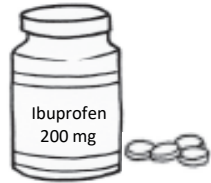
- IUD in place
- Ectopic pregnancy
- Bleeding problem or are taking a blood thinner

4. WHAT DO I NEED BEFORE I START THE PROCESS?

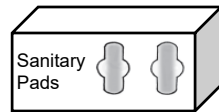
- At least **12 tablets** of Misoprostol 200 mcg each



- Over the counter **pain medication** Ibuprofen 200mg up to 4 tablets (800mg) and/ or Tylenol 500mg up to 2 tablets (1000 mg) every 6 hours as needed for pain.



- A box of heavy flow **menstrual pads**



6. HOW DO I TAKE THE MISOPROSTOL PILLS?

- **Hold 4 misoprostol pills under tongue for 30 minutes swallow as they dissolve**
- **Rinse mouth with water and wait 3 hours**
- **Hold 4 more misoprostol under tongue for 30 minutes**
- **Rinse mouth with water and wait 3 hours**
- **Hold last 4 misoprostol pills under tongue**



WAIT 3 HOURS



WAIT 3 HOURS



- Bleeding should start between 30 minutes and 24 hours after taking the misoprostol.

7. HOW DO I KNOW IF I AM HAVING A COMPLICATION?

- **TOO MUCH BLEEDING**
 - If you soak through more than 4 heavy slow pads in 2 hours or less you should call or text 872-201-3000 or seek emergency medical attention.
- **FEVER**
 - It is normal to have a slight fever while taking the misoprostol. If you have a fever of over 101 more than 24 hours after the last dose of misoprostol this could be a sign of an infection
- **PAIN**
 - It is normal to have strong cramping or contractions during the abortion. After the abortion your pain should never be so bad that over the counter pain medication does not help.

7. HOW DO I KNOW THAT THE ABORTION PILLS WORKED?

- You should have bleeding that fills up at least 1-2 pads
- Your pregnancy symptoms start to get better within 3 days after taking the misoprostol and be completely gone within 10 days after taking the misoprostol
- Take a pregnancy test 4 weeks after the abortion – it should be negative by then

8. WHEN CAN I START BIRTH CONTROL?

- You can start birth control as soon as 3 days after the abortion
- You can get pregnant again as soon as 5 days after an abortion
- Your doctor or clinician will do a pregnancy test before starting you on any birth control so please remember your pregnancy test can stay positive for 4-5 weeks after an abortion