

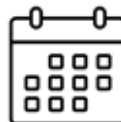
How to Use Mifepristone + Misoprostol

Before taking abortion pills:

- ✓ Take a pregnancy test.
- ✓ It is important to know if you are pregnant before you take the pills.



✓ Check your dates.



Count the weeks from the first day of your last period to today. Or get an ultrasound to determine how far along you are.

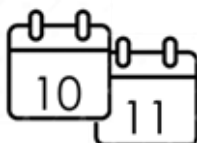
How to take the pills:

STEP
1

Swallow 1 mifepristone 200mg pill



Wait anywhere
between 24-48
hours



STEP
2

Take misoprostol in any of the 3 ways listed below (they are all effective):

1 Inside the cheek



Hold the pills between the cheeks and gums for 30 minutes, swallowing as they dissolve, then rinse mouth with water

OR

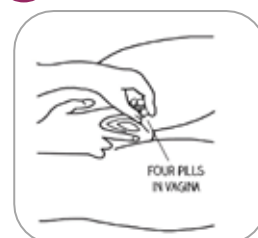
2 Under the tongue



Hold the pills under the tongue for 30 minutes, swallowing as they dissolve, then rinse mouth with water.

OR

3 In the vagina



Put the pills up in the vagina and lie down for 30 minutes. **Note: Pill pieces could be found during a vaginal exam.**

How much misoprostol you should take depends on how many weeks pregnant you are:

Less than 9 weeks

Take 4 pills at once.

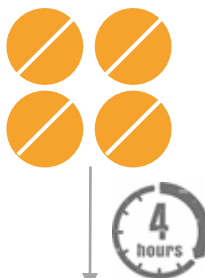


If you haven't started bleeding after 24 hours, take another 4 pills.



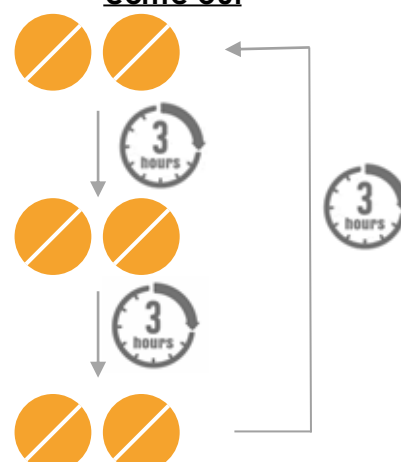
9-12 weeks

Take 4 pills at once.
4 hours later, take 4 more pills



Over 12 weeks

Take 2 pills every 3 hours
until the fetus and placenta
come out

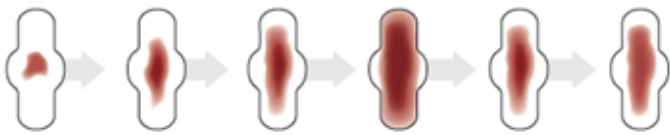


You will have pills leftover. Hold onto them for at least 1 month in case we advise you to take more.

What to Expect

Bleeding and cramping:

- **Bleeding can vary it can be lighter, the same or heavier than a normal period. Passing clots is normal.**
- If you are over 10 weeks pregnant you may see a fetus with identifiable body parts come out.



Did it work?

- If you had the expected bleeding and your pregnancy symptoms go away, the pills most likely worked.
- If you're unsure, you can get an ultrasound or 2 beta hCG blood tests 2-3 days apart.
- Take a pregnancy test in 4-5 weeks. **Note: A pregnancy tests can stay positive for up to 5 weeks after an abortion.**

Pain and side effects:

Take pain medicine right when you first start to have pain:

- ibuprofen 800mg every 6-8 hours and/or
- acetaminophen (Tylenol) 1000 mg every 6 hours.
- a heating pad or a very hot shower or bath

In the first 24 hours after taking misoprostol it is NORMAL to have:

- Diarrhea
- Vomiting
- Fever
- Headache, body aches & chills.

If you vomit in less than 30 minutes after taking either mifepristone or misoprostol, let us know right away.



After the abortion:

- A follow-up appointment is usually not needed.
- You might **bleed on-and-off until your next period**, which usually comes in 4-8 weeks and may be heavier or lighter than normal.
- You can have sex again when you feel ready.
- Please note **YOU CAN GET PREGNANT AGAIN BEFORE YOUR NEXT PERIOD.**

If you have little or no bleeding, or your pregnancy symptoms do not go away within 7 days after taking the abortion pills CONTACT US RIGHT AWAY:

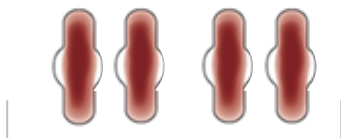
It's possible the pills did NOT work (occurs in 1-2% of cases)..

An abortion with pills is very safe. The risk of severe complication is less than 1%.

! Seek emergency medical care right away if you have:

Too much bleeding

Soaking more than 4 heavy flow pads in 2 hours or less, or heavy bleeding with dizziness, shortness of breath, heart racing, ringing in ears with normal activity.



Fever above 101°F 24 hours after taking misoprostol



Severe pain that does not go away



At the hospital, you do not have to say you took abortion pills. You can say: "I'm pregnant and just started bleeding." The signs of miscarriage and abortion are the same, so they will not be able to tell that you took pills. The treatment is also the same, so you will get the right care.



Questions? We are here for you.

Call or text
1.872.201.3000

Message us in the portal at
pbp.intakeq.com