

Hey Jane

About medication abortion (aka “the abortion pills”)

A medication abortion is a safe and effective way to end a pregnancy. It's FDA approved in the US for use up to a gestational age of 10 weeks, and is very common—the majority of abortions in the US are now done with medication. When taking the abortion medications, you can complete the entire treatment at home (or any place you feel comfortable).

The process is simple and involves taking only two medications. There's mifepristone—it's step 1 in the medication abortion process and blocks the hormone progesterone, which is needed to continue a pregnancy. And there's misoprostol—it's step 2 in the medication abortion process and causes the uterus to contract, leading to cramping and bleeding.

About telemedicine abortion

A telemedicine abortion is a medication abortion that has been prescribed through a virtual clinic like Hey Jane and the pills mailed to the patient. Post-Roe, abortion pills by mail is the most viable form of access for most of the country and currently accounts for over a quarter of abortions in the US. Studies have found that telemedicine abortion care is just as safe and effective as in-person medication abortion care.

The facts of the matter

- Abortion is common. 1 in 4 people with a uterus will have an abortion in their lifetime
- Abortion pills have been FDA- approved since 2000, and they're safe, effective and common ([National Library of Medicine](#))
- Only half of all adults have heard of mifepristone, one of the two medications used in most abortions in the U.S. (Source: [KFF](#))
- 63% of abortions in the US are done with medication. ([Source](#))
- 27% of abortions in the U.S. are through virtual clinics like Hey Jane ([Source](#): WeCount)
- Telemedicine abortion is as safe and effective as in-person care (Source: [Hey Jane white paper](#); [Nature Medicine Journal](#))