

RESOURCES

IF/WHEN/HOW HELPLINE:

Attorneys and advocates provide legal information and support to people — including help for self-managed abortion, minor judicial bypass, and navigating abortion restrictions and laws.

reprolegalhelpline.org | 844.868.2812

PLAN C

Information hub for accessing medication abortion in person, online, and through telehealth.

plancpills.org

INEEDANA

Helps find abortion funds that can help cover costs, online pill options, and nearest physical clinics.

ineedana.com

For our complete list of resources & more, see:

SMA-INFO.CARRD.CO

GUIDE TO SELF-MANAGED ABORTION

using abortion pills



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WHEN TO SEEK MEDICAL ATTENTION

First, the chance of being in need of emergency care is extremely low (1 in every 2000 people). If symptoms of nausea and fever persist for more than 24 hours after taking the second pill, it may be a sign of infection and require medical attention.

HOW MUCH IS TOO MUCH BLEEDING?

+ soaking two or more maxi pads per hour for over two hours.
+ blood clots larger than the size of a lemon.
Call the M+A hotline (833.246.2632) in case of excessive bleeding or unbearable and persistent abdominal pain.

If you ever feel uncomfortable saying you are having complications with a medication abortion, you can say you are having a miscarriage. The symptoms and treatment of a complication with miscarriage is exactly the same as treatment for abortion. You have no obligation to disclose your abortion.

QUICK FACTS

1 in 4 people with the ability to get pregnant will have an abortion.

The abortion pill is a common name for mifepristone and misoprostol, which are used in conjunction in a medicated abortion. **Mifepristone** is taken first to stop your body's production of progesterone (this stops the pregnancy from growing). **Misoprostol** is taken next (after up to 48 hours) to empty the uterus.

Medication abortion with the two pills is typically used up to 12 weeks from the first day of your last period (it can go later but the dosage changes). This is the most effective method of abortion with pills — 98% of the abortions are without complications.

Abortion pills have been approved for use by the FDA for more than 20 years (since 2000). They have been used worldwide for more than 30 years (starting in France in 1988).

In 2021, the FDA approved access to medication abortion via telehealth/mail.

As of 2023, medication abortions account for the majority (63%) of abortions in the US.

SUPPORT HOTLINES

MISCARRIAGE + ABORTION HOTLINE:

Doctors and medical professionals available to answer questions for abortion seekers who choose self-managed or in-clinic abortions.

mahotline.org | 833.246.2632

REPROCCARE HEALTHLINE

Call from 3pm to 3am for emotional support and information about abortion.

reproccare.com | 833.226.7821

AFTER: NEXT STEPS

Get a pregnancy test after two weeks. If you do one before, you may get false positive because it takes time for your hormone levels to go back to pre-pregnancy levels.

If you test positive, you may have had an incomplete abortion — call the M+A hotline (number above) for more info.

BEFORE: WHAT TO HAVE AROUND

- + Maxi pads
- + Hot water bottle
- + Foods rich in iron
- + Tea: nettle & raspberry tea leaf
- + Anti-nausea medication
- + Ibuprofen

BEFORE: ORDERING ABORTION PILLS

You can order the pills online from Plan C — available in all 50 states: PlanCpills.org

Some groups listed there send for free and you can order before you get pregnant.

Whether or not you choose to tell people about your abortion is entirely your choice. Only 1 in 3 people tell their families and 62% tell their sexual partner. You should never feel obligated to justify your decision.

DURING: THE SELF-MANAGED ABORTION

First, you will take the mifepristone pill.

Next, 24-48 hours after taking the first pill, you will take misoprostol. The misoprostol is a set of 4 pills taken together, with 2 placed between cheek and gum on each side of the mouth (4 total). You will let the pills dissolve there for 30 minutes without eating or drinking anything. After 30 minutes, anything left in the mouth should be swallowed.

Take it easy. The second medicine will cause cramps and clotted bleeding. You will also experience a mild fever and nausea, but these symptoms should not last longer than several hours.

Get cozy! Get your hot water bottle, snacks and movies. Take ibuprofen and call a friend. Plan for up to two full days of cramping, bleeding, tender breasts, and fatigue.

Do not put ANYTHING into your vagina for at least one week after the abortion, including tampons, toys, fingers, penises, etc.

FAQ

I HAD MY MEDICATION ABORTION 3-5 WEEKS AGO, IS IT BAD THAT I AM STILL BLEEDING?
On average, people bleed for 9-14 days following a medication abortion. Some people bleed or pass clots for as long as 4 weeks.

HOW LONG AFTER HAVING A MEDICATION ABORTION CAN I USE TAMPONS OR RESUME PENETRATIVE SEXUAL INTERCOURSE?
In general, individuals are advised not to insert anything into the vagina for approximately one week after a medication abortion.

ARE THERE PSYCHOLOGICAL CONSEQUENCES TO MEDICATION ABORTION?

There is no evidence that early medication abortion is associated with an increase in psychological problems such as depression, anxiety, or suicidality.
A range of emotions is totally normal following an abortion.

