

This information is useful for an abortion with pills in pregnancies that are 13 weeks or less counted from the first day of your last menstrual period.

CONTRAINDICATIONS TO THE ABORTION PILLS

Medical abortions are safe for the majority of women, but there are a few contraindications to using the abortion pills.

BOTH Mifepristone and Misoprostol are NOT recommended if:

- You are using **anticoagulants** (blood thinners) such as Heparin and Warfarin;
- You have a **bleeding disorder** such as Porphyria,
- You have **chronic adrenal failure**,
- You are **allergic** to Mifepristone, Misoprostol or prostaglandins,
- You have an **ectopic pregnancy** (outside the uterus).

Using the abortion pills with an ectopic pregnancy will not harm you, but it will **not terminate the pregnancy**, and you should **seek medical care**.

Mifepristone is NOT recommended if:

- You have been using **long-term steroids** (such as Prednisone or Dexamethasone).
*However, you can have an abortion with **Misoprostol only**.*



If you have an IUD (Intrauterine Device) It is not a contraindication to using the abortion pills, however:

- The risk of having an ectopic pregnancy with an IUD is increased;
- Cramping is likely to be more intense,
- It is safer to have the IUD removed prior to using the abortion pills.

THE RECOMMENDED REGIMEN FOR AN ABORTION WITH MIFEPRISTONE AND MISOPROSTOL



Mifepristone
200 mg
1 pill



Ibuprofen*
400 mg
2 pills



Misoprostol**
200 mcg
8 pills

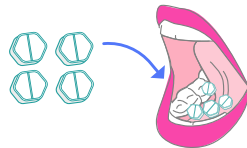
- 1** Swallow **1 Mifepristone** pill (200 mg) with water.
Wait 24 - 48 hours



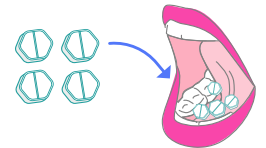
- 2** Take **2 Ibuprofen*** pills (400 mg each).
Wait 1 hour



- 3** Place **4 Misoprostol** pills (200 mcg each) under the tongue (sublingually).
*Keep them under your tongue for **30 minutes** before swallowing the remnants with water.*
Wait 3 hours



- 4** Place **another 4 Misoprostol** pills (200 mcg each) under the tongue (sublingually).
*Keep them under your tongue for **30 minutes** before swallowing the remnants with water.*



* Get in touch with our counselors to discuss an alternative if you are allergic to Ibuprofen.

** These pills can be found in other shapes and forms depending on the country.

It is strongly recommended to use 8 pills of Misoprostol. If you can't obtain 8 Misoprostol pills, you may choose to proceed with only 4 pills, but the effectiveness will be reduced, especially if you are between 10-13 weeks pregnant.

SIDE EFFECTS OF THE ABORTION PILLS

After taking Mifepristone, very few women will experience symptoms, but after taking Misoprostol, some women will experience the following side effects **for a few hours**:



headache



fever



nausea/vomiting



chills



diarrhea

WARNING SIGNS DURING AN ABORTION WITH PILLS

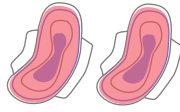


If you have one of the following symptoms, you might be experiencing a **complication** and you should seek **medical attention** immediately:

● Heavy bleeding

Two or more pads completely soaked (front to back & side to side) in 1 hour or less.

Lasting for **2 hours or more**



● A fever of 38 degrees Celsius or 100.4 degrees Fahrenheit

Fever that does not decrease after taking Ibuprofen (or other pain-relief medicine).

Lasting for **more than 24 hours** after using the abortion pills

Always **confirm with a thermometer**



● An allergic reaction

Redness, itchiness or swollen hands, neck and/or face. Difficulty breathing, even after taking antihistamine medicine.



● Blood very different from your regular period

Blood with a different color or smell.



PRECAUTIONS TO TAKE AFTER AN ABORTION WITH PILLS

In the few weeks after your abortion with pills and until your bleeding lightens, take the following precautions **to avoid hemorrhage and/or infection**:

Using pads is recommended to monitor your bleeding during the first few days of the abortion, but then you can switch to tampons or a cup as soon as you are comfortable.



Return to your **normal activities** (exercise, work, etc.) **as soon as you feel ready**.



You can have sex whenever you are ready; the most important is to listen to your body and desire.



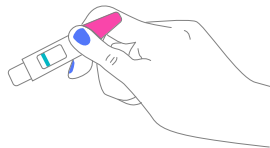
Please know **you can become pregnant again very shortly after your abortion**, within as little as two weeks.



HOW TO KNOW IF THE ABORTION PILLS WERE EFFECTIVE

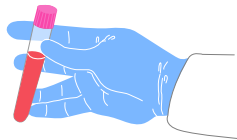
Urine Test (hCG)

- Can be done at home
- Accurate **4 weeks after** taking the abortion pills



Blood Test (hCG)

- Requires a medical visit
- Accurate **4 weeks after** taking the abortion pills



Ultrasound

- Requires a medical visit
- Accurate **2 weeks after** taking the abortion pills



Note: If performed less than 2 weeks after taking the abortion pills, blood and tissues might still be visible on the ultrasound. The medical staff could diagnose an "incomplete abortion" and advise unnecessary procedures.

Note: It is better when the same blood test was done prior to taking the abortion pills to compare hormone levels.

▶ **Remember that it takes more or less 2 weeks to complete an abortion with pills.**



For more information and support, contact our abortion counselors by email at info@safe2choose.org or by live chat on [safe2choose.org](https://www.safe2choose.org).