

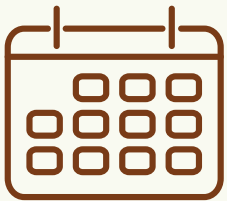
## 1. MAKE SURE YOU ARE PREGNANT

- Confirm your pregnancy with a home pregnancy test or a visit to your healthcare provider.
- Ensure the test is taken after a missed period for accurate results.



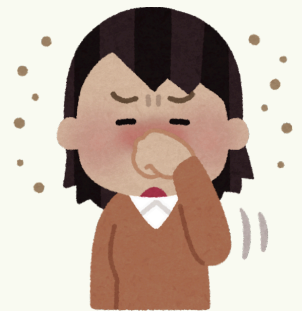
## 2. CHECK YOUR DAYS

- Calculate the duration of your pregnancy from the first day of your last menstrual period (LMP).
- Abortion pills are typically effective up to 10 weeks (70 days) of pregnancy.



## 3. BE SURE THAT YOU DO NOT HAVE

- An ectopic pregnancy (pregnancy outside the uterus)
- Allergies to any of the medications
- Certain medical conditions (like bleeding disorders)
- An IUD (intrauterine device) in place – it should be removed before taking the pills



## 4. THE PILLS

- Two types of pills are used for a medical abortion: Mifepristone and Misoprostol.
- Mifepristone blocks the hormone progesterone, stopping the pregnancy from progressing.
- Misoprostol causes the uterus to contract & expel the pregnancy.



## 5. TIMELINE FOR TAKING PILLS

- Day 1: Take Mifepristone
- Day 2 or 3: Take Misoprostol
- Follow instructions for pain management and what to expect after taking the pills.



## 6. FIRST DAY: TAKE MIFEPRISTONE

- Take one Mifepristone pill (200 mg) orally with water.
- This pill will stop the pregnancy from growing by blocking the hormone progesterone.



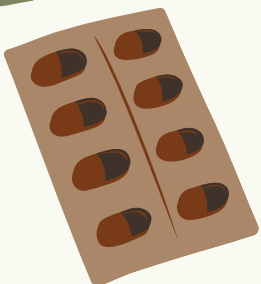
## 7. THE SECOND DAY: TAKE PAIN MEDICATION

- Before taking Misoprostol, take pain medication as advised by your healthcare provider.
- Ibuprofen is commonly recommended to manage pain & cramps.



## 8. SECOND DAY: USE MISOPROSTOL

- After 24-48 hours of taking Mifepristone, place 4 Misoprostol pills (800 mcg) in your cheek pouches (2 on each side) and let them dissolve for 30 minutes.
- Alternatively, follow your healthcare provider's instructions for vaginal or sublingual use.



## 9. EXPECT BLEEDING

- Bleeding usually starts within 1-4 hours after taking Misoprostol.
- It can be heavier than a normal period with clots, and you may experience cramping.



## 10. HOW MUCH BLEEDING IS TOO MUCH?

- Seek medical attention if you:
- Soak through 2 or more pads in an hour for 2 consecutive hours.
- Pass large clots for more than 2 hours.
- Have severe pain not relieved by pain medication.
- Feel dizzy, lightheaded, or have a fever.



## 11. WHEN TO START BIRTH CONTROL

- Discuss with your healthcare provider about starting birth control immediately after the abortion if you wish to prevent future pregnancies.
- Options include birth control pills, patches, IUDs, implants, or condoms.

