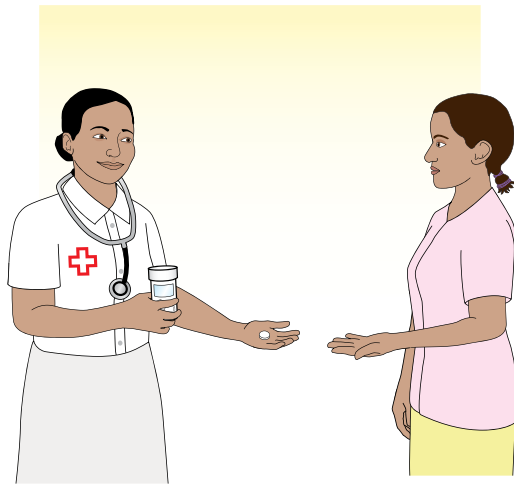
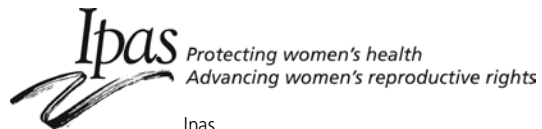


## The Abortion Pill in Early Pregnancy





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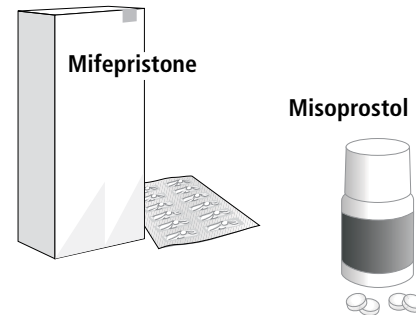
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## What is medical abortion with mifepristone and misoprostol?

Medical abortion is the use of pills to end an early pregnancy safely and effectively. When used together, the drugs mifepristone and misoprostol cause bleeding and cramping, similar to a heavy period or miscarriage, leading to an abortion.



## Can I use the abortion pills?

The information in this pamphlet is for women who are less than 9 weeks pregnant. Your health-care provider can help you determine how many weeks pregnant you are.

Some women should not use the abortion pills. Tell your health-care provider about any current or past health problems and any medications you are taking before you take the pills.

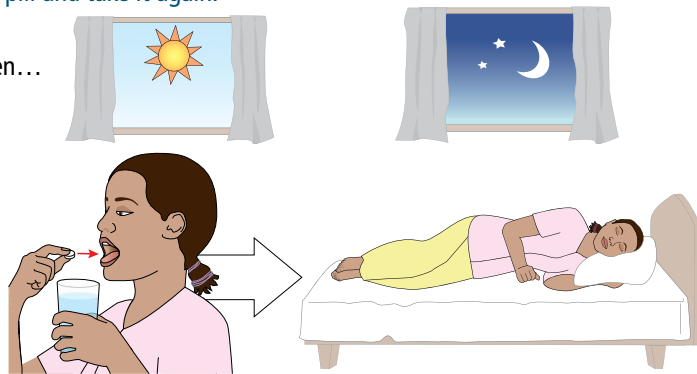
## How do I take the pills?

### STEP 1:

Swallow the first pill (mifepristone) with water.

If you vomit less than 30 minutes after taking the first pill, you will need to get another mifepristone pill and take it again.

Wait 1 to 2 days. Then...



In the space below, write down when you took the **first** mifepristone pill.

Date: \_\_\_\_\_

Time: \_\_\_\_\_

### STEP 2:

Put the 4 misoprostol pills under your tongue. Hold the pills under the tongue until they melt or for 30 minutes, then swallow whatever is left.



In the space below, write down when you took the **4** misoprostol pills.

Date: \_\_\_\_\_

Time: \_\_\_\_\_

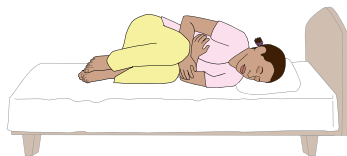
## What could I feel?

**Sometimes** bleeding occurs after the first pill (mifepristone). The next pills you take (misoprostol) **should** cause bleeding and cramping after you take them. Every woman will experience bleeding and cramping differently.



## Bleeding

Bleeding is usually heaviest in the 4-6 hours after the misoprostol pills are taken. During this time, bleeding can be lighter than a menstrual period or it can be much heavier than a menstrual period with large clots. Bleeding should then get lighter and lighter over time, but it may be like a heavy period for several days. Light bleeding or spotting may last for 2-4 weeks and sometimes longer.



## Pain and cramping

Cramps are usually most intense in the 4-6 hours after the misoprostol pills. Cramps should become lighter over time but light cramping may last for several days. You can use pain medicines such as ibuprofen when cramps are strong. Try rest and a hot water bottle or cloth on the belly to help manage pain.

You may experience 1 or more of the following side effects the day you take the pills:

- Vomiting and/or nausea
- Fever and/or chills
- Headache
- Diarrhea

**If any of these symptoms last longer than a day and do not improve, contact your health-care provider.**



## How should I take care of myself?

Your health-care provider will talk with you about how to take care of yourself. Ask any questions you have so you know what to do.

- **You can** do your daily activities when you feel you are able
- **You can** eat the food you normally eat
- **You can** bathe, shower or swim
- **You need** to take all the medicines you were given
- **Do not** do hard physical activities, such as heavy lifting, for 2 to 3 days
- **Do not** wash inside your vagina after you go home



\_\_\_\_\_ is a medicine for pain.

Take \_\_\_\_\_ pill(s)  
\_\_\_\_\_ times a day  
for \_\_\_\_\_ day(s).

## How do I know if the abortion worked?

If you experienced bleeding and cramping, your pregnancy symptoms have decreased, and you no longer feel pregnant, the abortion has probably taken place. Return to your health-care provider in 2 weeks to confirm that the abortion was successful.

It is rare, but possible, that the medicine may fail and you will still be pregnant after taking the pills. This happens to about 2 women out of 100 and these women will need further care to end the pregnancy.

## When can I have sex again?

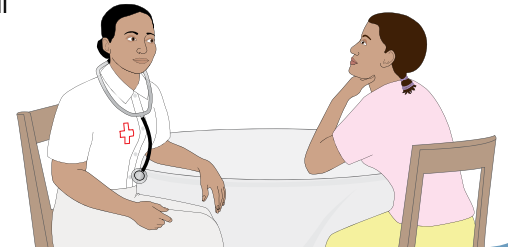
You can have sex whenever you feel comfortable.

## When can I get pregnant again?

You can become pregnant again as soon as 10 days after the abortion.

## How can I NOT get pregnant?

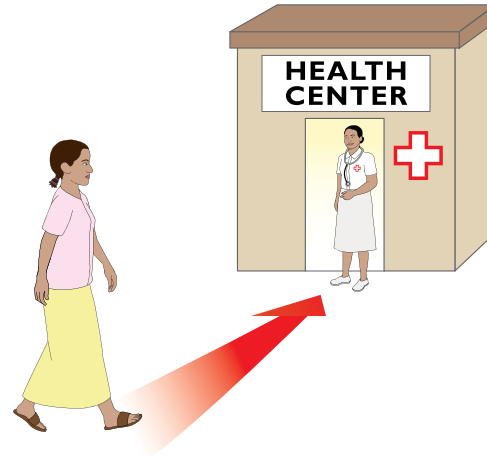
If you do not want to get pregnant, use a contraceptive method. Talk to your health-care provider about contraceptive options and your menstrual cycle. You can start most contraceptive methods at the same time you take the abortion pills.



## When should I seek help?

If you experience any of the following symptoms, see your health-care provider right away:

- Excessive bleeding or soaking more than 2 sanitary pads per hour for 2 hours in a row, especially if you have dizziness, lightheadedness and increasing tiredness.
- Fever any time after the day you use the set of 4 pills (misoprostol).
- Unusual or bad-smelling vaginal discharge, especially if you also have severe cramps or abdominal pain.
- Severe belly pain any time after the day you use the set of 4 pills (misoprostol).
- Feeling very sick with or without fever any time after the day you use the set of 4 pills (misoprostol).
- Persistent severe nausea or vomiting any time after the day you use the set of 4 pills (misoprostol).



If you do not experience bleeding, or have very little bleeding within 1-2 days after taking all of the misoprostol pills, this is not an emergency, but it may mean that the medicines didn't work to end the pregnancy. Contact your health-care provider right away.

**Please contact your health-care provider if you have any questions.**

**Your follow-up visit is scheduled for:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**In case of emergency, please contact:**

Health-care Provider:

\_\_\_\_\_

Phone number:

\_\_\_\_\_

Referral Hospital Address:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_