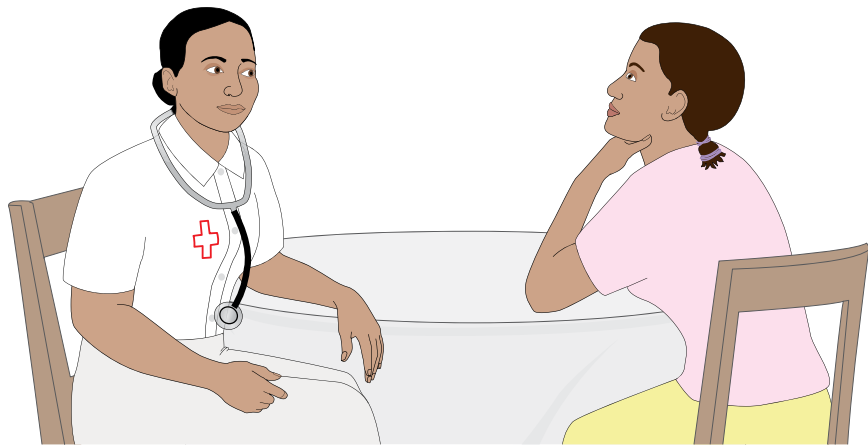
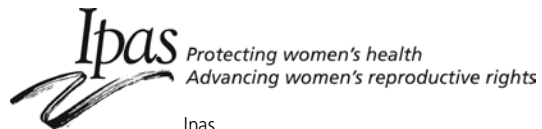


The Abortion Pill in Early Pregnancy





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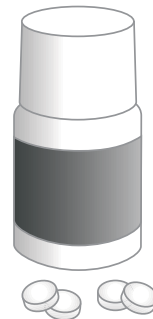
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What is medical abortion with misoprostol?

Medical abortion is the use of pills to end an early pregnancy safely and effectively. Misoprostol causes bleeding and cramping, similar to a heavy period or miscarriage, leading to an abortion.



Can I use the abortion pill?

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 pill. 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:

Put the 4 misoprostol pills under your tongue. Do not chew the pills. Hold the pills under the tongue until they melt or for 30 minutes, then swallow whatever is left.

Even if you bleed after the first set of pills, you should still take all the pills.



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

Date: _____

Time: _____

STEP 2:

Wait 3-4 hours and put an additional 4 misoprostol pills under your tongue. Do not chew the pills. Hold the pills under the tongue until they melt or for 30 minutes, then swallow whatever is left.

STEP 3:

After 3-4 more hours put an additional 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 **second 4** misoprostol pills.

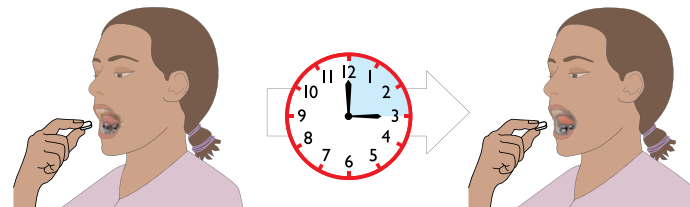
Date: _____

Time: _____

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

Date: _____

Time: _____



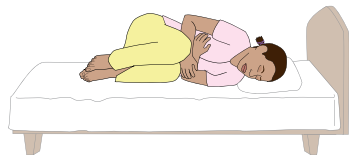
What could I feel?

The pills should cause bleeding and cramping after you take them. Every woman will experience bleeding and cramping differently.



Bleeding

Bleeding is usually heaviest while you are taking the misoprostol pills. 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 while you are taking the misoprostol pills. Cramps should become lighter over time; 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 possible that the medicine may fail and you will still be pregnant after taking the pills. This happens to about 1 or 2 women out of 10. If this happens, further care will be needed.

When can I have sex again?

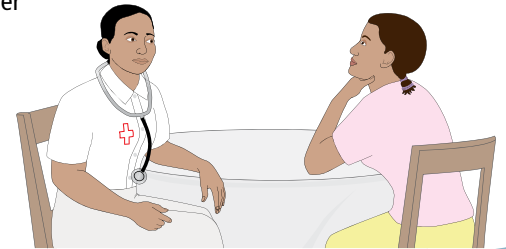
You can have sex whenever you feel comfortable.

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?

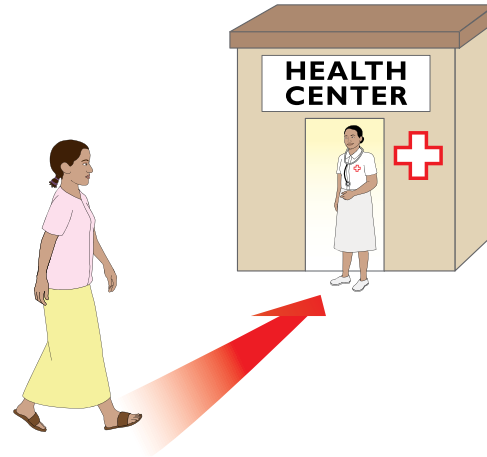
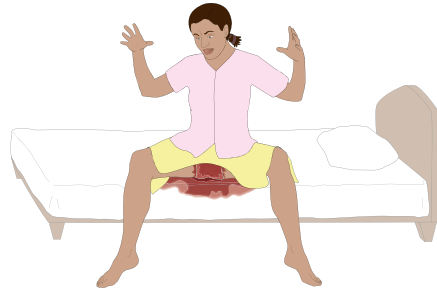
If you do not want to get pregnant, use a contraceptive method. Talk to your health-care provider about contraceptive options and your menstrual cycle. You can start most contraceptive methods at the same time you take the abortion pills.



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 finish the third set of pills.
- 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 finish the third set of pills.
- Feeling very sick with or without fever any time after the day you finish the third set of pills.
- Persistent severe nausea or vomiting any time after the day you finish the third set of pills.



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:
