

FACT SHEET : HOW TO USE MISOPROSTOL-ONLY FOR A MEDICATION ABORTION

Misoprostol pills can end a pregnancy. The mifepristone/misoprostol method causes fewer side effects and works better. People who can't get mifepristone may choose to use misoprostol alone.

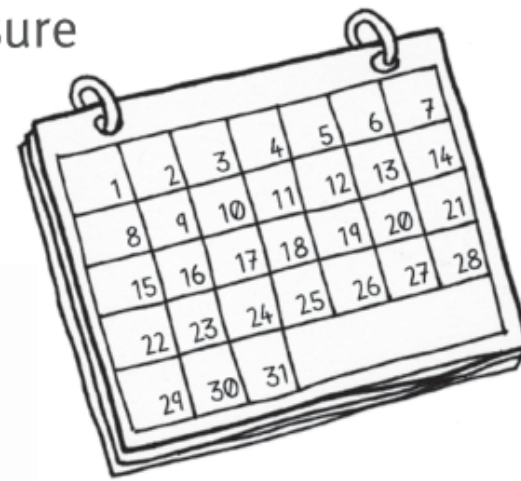
1. MAKE SURE YOU ARE PREGNANT

Take a urine pregnancy test.



2. CHECK YOUR DATES

Use a calendar or a gestational age calculator. Measure the time from the first day of your last period to today.

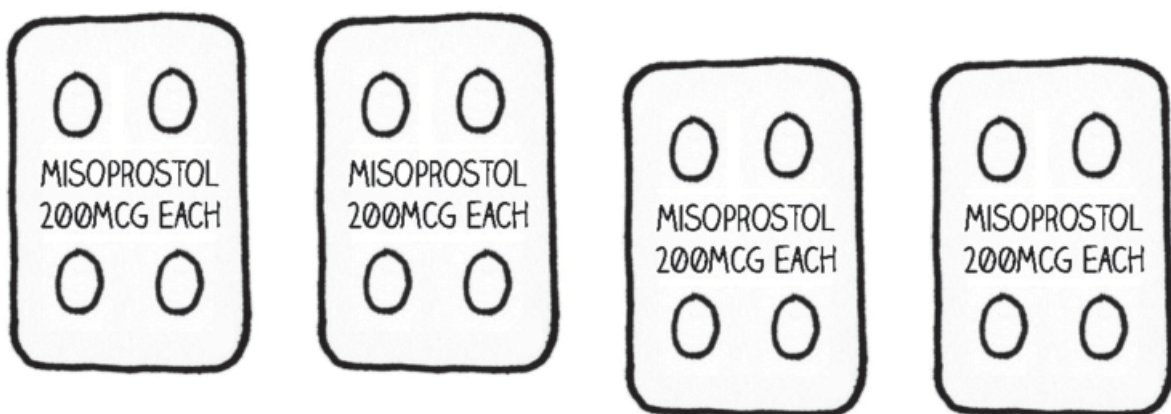


3. BE SURE THAT YOU DO NOT HAVE:

- Ectopic pregnancy (Sharp pain in your lower belly could be a sign of an ectopic pregnancy. You should be examined by a provider.)
- Bleeding problem or treatment with a blood thinner (aspirin is ok)

4. THE PILLS

You need 12-16 misoprostol pills. Each one is 200mcg.



5. TAKE PAIN MEDICATION

Up to four 200-mg ibuprofen pills, up to two 220-mg naproxen pills, or up to two 500-mg acetaminophen pills. You can take any of these pain pills before misoprostol. You can take more if needed – follow the directions on the package.



6. USE MISOPROSTOL

- **If under 12 weeks pregnant** take 4 tablets of misoprostol tablets 3 times every 3 hours (12 tablets total). If no bleeding occurs after the 3rd time can take 4 more tablets 3 hours later.
- **If above 12 weeks pregnant** take 2 tablets of misoprostol every 3 hours until the pregnancy passes
- **Choose:** Put pills inside your cheeks, under your tongue, or in your vagina.
- If abortion is a crime in your state, you should put the pills inside your cheeks or under your tongue. This way, there will be no pill fragments left behind (in the event that you need a medical exam).



- **Mouth:** Put the pills between your cheek and gum or under your tongue. Hold them for 30 mins while your body absorbs the medicine. Then swallow the pills with a drink.
- **Vagina:** Put pills in your vagina. Lie down for 30 minutes as your body absorbs the medicine. If the pills fall out after 30 minutes, throw them away.
- Your body absorbs the medicine from the pills within 30 minutes.

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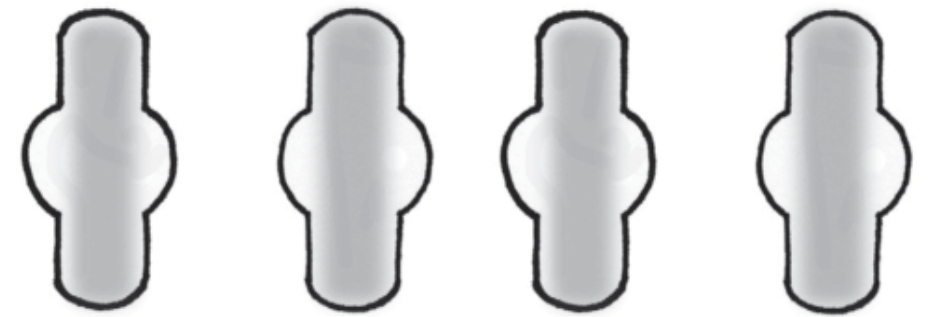
7. EXPECT BLEEDING

For most people, cramps and bleeding start within seven hours. You should have heavy bleeding, and you may see clots. You may have loose stools, fever, or chills. If you have no bleeding (or only light spotting) within 72 hours, you should contact your clinician.



8. HOW MUCH BLEEDING IS TOO MUCH?

If you soak through two maxi-pads per hour, two hours in a row, you should contact a clinician.



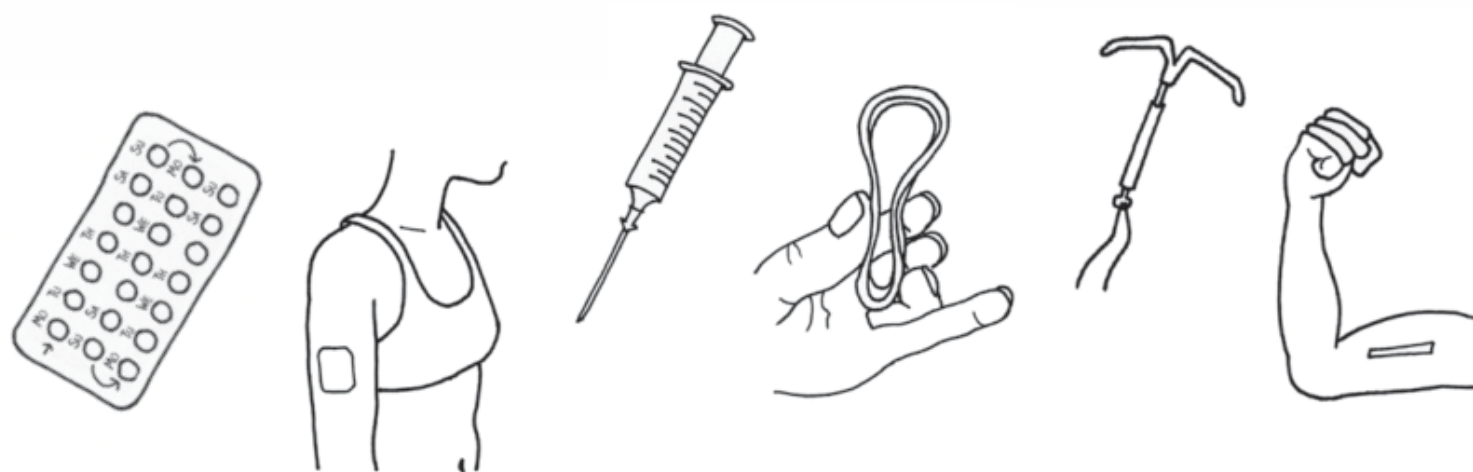
Remember 2 x 2

2 pads/hour for 2 hours is too much bleeding!

9. WHEN TO START BIRTH CONTROL

If you start the implant, pill, patch, ring, or shot within 7 days of taking misoprostol, they take effect right away. If you start them later, use a back-up method – like condoms – for the first seven days.

You can get an IUD as soon as a few days after misoprostol



People more than 12 weeks pregnant with Rh negative blood types should get the Rhogam shot. Rhogam prevents problems in future pregnancies. You should get the shot within three days of the abortion.