

There is no evidence that early medication abortion is associated with an increase in psychological problems such as depression, anxiety, or suicidality. A range of emotions is totally normal following an abortion.

CONSEQUENCES TO MEDICATION ABORTION? ARE THERE PSYCHOLOGICAL

In general, individuals are advised not to insert anything into the vagina for approximately one week after a medication abortion.

HOW LONG AFTER HAVING A MEDICATION ABORTION CAN I USE TAMPONS OR RESUME PENETRATIVE SEXUAL INTERCOURSE?

On average, people bleed for 9 - 14 days following a medication abortion. Some people bleed or pass clots for as long as 4 weeks.

AG0, IS IT BAD THAT I AM STILL BLEEDING? I HAD MY MEDICATION ABORTION 3-5 WEEKS

FAQ

RESOURCES

IF/WHEN/HOW HELPLINE:

Attorneys and advocates provide legal information and support to people — including help for self-managed abortion, minor judicial bypass, and navigating abortion restrictions and laws. reprolegalhelpline.org | 844.868.2812

PLAN C

Information hub for accessing medication abortion in person, online, and through telehealth. plancpills.org

NATIONAL NETWORK OF ABORTION FUNDS

Directory of local abortion funds. Many cover travel out of state if needed. abortionfunds.org

For our complete list of resources & more, visit: SMA-INFO.CARRD.CO



If you ever feel uncomfortable saying you are having complications with a medication abortion, you can say you are having a miscarriage. The symptoms and treatment of a complication with miscarriage is exactly the same as treatment for abortion. You have no obligation to disclose your abortion.

Call the M+A hotline (833.246.2632) in case of excessive bleeding or unbearable and persistent abdominal pain.

- + soaking two or more maxi pads per hour for over two hours.
- + blood clots larger than the size of a lemon.

HOW MUCH IS TOO MUCH BLEEDING?

If symptoms of nausea and fever persist for more than 24 hours after taking the second pill, it may be a sign of infection and require medical attention.

FYI, the chance of being in need of emergency care is extremely low (1 in every 2000 people).

WHEN TO SEEK MEDICAL ATTENTION

GUIDE TO SELF-MANAGED ABORTION

using abortion pills



Written by Reproductive Justice Collective at Columbia
Adapted for NYC for Abortion Rights
IG: @reprojusticecollective | @nycforabortionrights
Illustrations by @emilyfinnigan_

If you test positive, you may need to seek medical attention — call the M+A hotline (number above) for more info.
Get a pregnancy test after two weeks. If you do one before, you may get false positive because it takes time for your hormone levels to go back to pre-pregnancy levels.

AFTER: NEXT STEPS

Call from 3pm to 3am for emotional support and information about abortion. reprocare.com | 833.226.7821

REPROCCARE HEALTHLINE

Doctors and medical professionals available to answer questions for abortion seekers who choose self-managed or in-clinic abortions. mahotline.org | 833.246.2632

MISCARRIAGE + ABORTION HOTLINE:

SUPPORT HOTLINES

QUICK FACTS

1 in 4 people with the ability to get pregnant will have an abortion.

The abortion pill is a common name for mifepristone and misoprostol, which are used in conjunction in a medicated abortion. **Mifepristone** is taken first to stop your body's production of progesterone (this stops the pregnancy from growing). **Misoprostol** is taken next (after up to 48 hours) to empty the uterus.

Medication abortion with the two pills is typically used up to 11 weeks from the first day of your last period. The WHO approved it for pregnancies up to 12 weeks. This is the most effective method of abortion with pills — 98% of the abortions are without complications.

Abortion pills have been approved for use by the FDA for **more than 20 years** (since 2000). They have been used worldwide for more than 30 years (starting in France in 1988).

In 2021, the FDA permanently approved access to medication abortion via telehealth/mail.

As of 2020, medication abortions account for the majority (54%) of abortions in the US.



Do not put ANYTHING into your vagina for at least one week after the abortion, including tampons, toys, fingers, penises, etc.
Get cozy! Get your hot water bottle, snacks and up to two full days of cramping, bleeding, tender breasts, and fatigue.

Take it easy. The second medicine will cause cramps and clotted bleeding. It will feel like a very heavy period. You will also experience a mild fever and nausea, but these symptoms should not last longer than several hours.

Next, 24-48 hours after taking the first pill, you will take misoprostol. The misoprostol is a set of 4 pills taken together, with 2 placed between cheek and gum on each side of the mouth (4 total). You will let the pills dissolve there for 30 minutes without eating or drinking anything. After 30 minutes, anything left in the mouth should be swallowed.

First, you will take the mifepristone pill. In general, individuals are advised not to insert anything into the vagina for approximately one week after a medication abortion.

DURING: THE SELF-MANAGED ABORTION

BEFORE: WHAT TO HAVE AROUND

- + Maxi pads
- + Hot water bottle
- + Foods rich in iron
- + Tea: nettle & raspberry tea leaf
- + Anti-nausea medication
- + Ibuprofen



BEFORE: ORDERING ABORTION PILLS

You can order the pills online from Aid Access — available in all 50 states: aidaccess.org

Whether or not you choose to tell people about your abortion is entirely your choice. Only 1 in 3 people tell their families and 62% tell their sexual partner. You should never feel obligated to justify your decision.