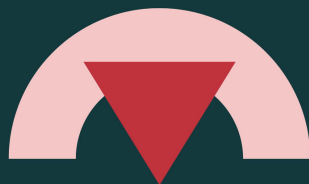
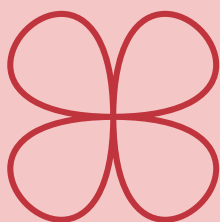


A guide
to



Reproductive Justice Collective

Medication
Abortion



for
Barnumbia

Purpose

We are the **Reproductive Justice Collective @ Barnard and Columbia**. Our members are students committed to defending reproductive freedom in the broader NYC community and the US. Our goals are to advocate for students by increasing equitable access to reproductive healthcare on Columbia's campus and providing guides to exercising reproductive autonomy. We further seek to build connections between various strands of Reproductive Justice, including birth justice, abortion rights, queer and trans health, the treatment of incarcerated pregnant people, and sex education.

We believe that incorporating abortion care into the routine services provided at Barnard PCHS will **increase access and decrease stigma related to seeking full-spectrum reproductive healthcare**. We hope that this quick guide will serve as a tool for setting the standards of abortion care at PCHS and making sure that patients have access to all information necessary to have a safe abortion.

Written April 2022

Abortion Pills on Campus

***SCAN TO SIGN OUR PETITION
DEMANDING BARNARD AND COLUMBIA
PROVIDE ABORTION PILLS ON CAMPUS!***

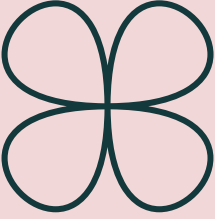
**BOTH BARNARD AND COLUMBIA CURRENTLY
REFER OUT TO OFF-CAMPUS CLINICS FOR THE
ABORTION PILL, DESPITE HAVING THE ABILITY
TO PROVIDE IT IN THEIR CAMPUS CLINICS.**



SCAN ME

**HAVING ON-CAMPUS ACCESS TO ABORTION MAKES
THE COSTS MORE TRANSPARENT, INSURANCE
COVERAGE EASIER, AND REDUCES THE BARRIER TO
ACCESSING REPRODUCTIVE HEALTHCARE.**

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Emergency Numbers



CU EMERGENCY MEDICAL SERVICES

212-854-5555

BARNARD CARES RESPONSE TEAM

212-854-3362

BARNARD PCHS

212-854-2091

1-855-622-1903 (after hours)

SAFE HORIZON

24-hour multilingual hotline.

1-800-621-4673 (Domestic Violence)

**212-227-3000 (Rape and Sexual
Assault)**

CU SEXUAL VIOLENCE RESPONSE

212-854-4357

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. This is the most effective method of abortion with pills -- 98% of the abortions are without complications.*

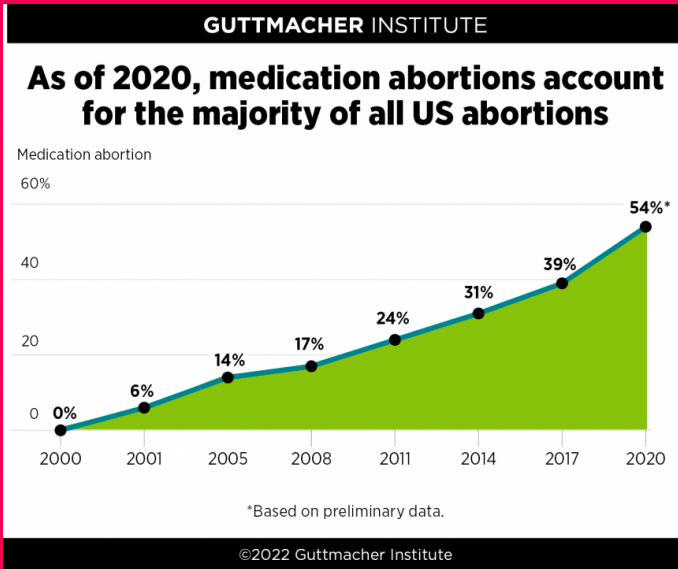
*According to a comprehensive review of the science related to the provision of abortion care in the United States conducted by the National Academies of Sciences, Engineering, and Medicine. It confirmed that medication abortion has a very low rate of serious complications and is effective at ending an early pregnancy.

Background

Abortion pills have been approved for use by the FDA for more than 20 years (since 2000).

It has 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.



II. BEFORE



what to have around

1. maxi pads
2. hot water bottle
3. foods rich in iron:
spinach, oatmeal, almonds,
quinoa
4. your favorite dessert
5. Tea: nettle & raspberry
tree leaf.
6. Books, movies, crayons.

Support Network

Reproductive Justice Collective can connect you to volunteer abortion doulas/ support people or companion. These people can physically, emotionally, and/or spiritually hold space for someone before, during, and/or after their abortion.

Contact the collective at:

Reprojusticebarnard@gmail.com



Heat Pack

1. Fill a sock with rice.
2. Leave enough room at the top so you can close the opening by either sewing it shut or tying it with a rubber band or string.
3. Microwave on high for aprox 3 minutes.
4. Tada! Reheat as needed.

Talking to People

From Hey Jane:

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. This is obviously dependent upon the relationships you have with these people and whether or not you feel safe sharing information with them.

You should never feel obligated to justify your decision.

Look at pg.10 for emotional support hotlines if you need them.

Accessing Abortion

until it is provided ON campus

THE CLOSEST ABORTION CLINIC TO OUR CAMPUS IS

The Bronx Center Planned Parenthood: 349 E 149th St, 2nd Floor
(next to CitiBank) Bronx, NY 10451

THEIR HOURS ARE

Mon-Thurs 8am-7pm Fri 8am-5pm

PHONE NUMBER

212-965-7000

YOU CAN GET THERE BY

(Is it accessible by public transportation?
Is it walkable? Do you need a car? Feel free
to include any of that information here!)

Public Transportation! Take the 1 train
downtown to 96th and transfer to the 2
take the 2 to 3 Av-149th St

ANOTHER OPTION

Columbia University Department of Obstetrics
and Gynecology: 622 W 168th St, New York, NY 10032

Fake abortion clinics imply they
provide abortion when they don't.

IF YOU NEED AN ABORTION, AVOID

- Avail NYC
- Expectant Mother Care
- Pregnancy Help

IMPORTANT ABORTION RESTRICTIONS IN OUR STATE

No abortion restrictions in NY state!
The Reproductive Health Act legalizes
abortion past 24 weeks, if the pregnant
person's or life is at risk.

OUR STUDENT HEALTH INSURANCE
DOES **DOES NOT** COVER ABORTION.
(Circle)

→ IF YES, THE COPAY IS \$0

AT THE CLOSEST CLINIC, \$90 (sliding- scale
PROCEDURAL offered and funding
ABORTION available for low income
COSTS ROUGHLY students)

AT THE CLOSEST CLINIC,
MEDICATION ABORTION \$90
COSTS ROUGHLY (sliding- scale offered
and funding available)

IF YOU NEED FINANCIAL SUPPORT, YOU CAN
CONTACT THE ABORTION FUND
New York Abortion Access Fund
(212) 252- 4757

MORE OPTIONS:

Go online to **Ineedana** or **Abortion Finder**.

Enter zip code and the date of last period to
find nearby clinics.

III. DURING

Playlist

Sound & Color – Alabama Shakes

Say it Right – Nelly Furtado

Perdida – Biig Piig

Beautiful Strangers – Kevin
Morby

Chocolate Town – Ween

Is it any wonder? – Durand
Jones

Porcelain – Moby

Fly – FKJ Remix

What To Expect

First, The clinician will give you the pill, mifepristone at the clinic. They will also give you some antibiotics.

Second, You will be given the next pill, misoprostol to take at home 24-48 hours after you take the first pill. It's a set of 4 pills taken together.

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.

Get cozy! Get your hot water bottle, snacks and movies. Take ibuprofen and call a friend. Plan for up to two full days of cramping, bleeding, tender breasts, and fatigue. You will have a follow up appointment 7-14 days later.

Support Hotlines

Miscarriage + Abortion Hotline:

mahotline.org / 1-833-246-2632

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

Reprocare Healthline:

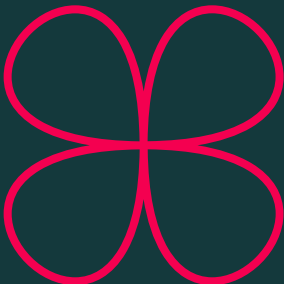
reprocare.com / 1-833-226-7821

Call from 3pm to 3am for emotional support and information about abortion.

BC + CU Nightline:

1-212-854-7777

Call from 9pm to 2am for non-judgmental peer listening.



When To Seek Medical Attention

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

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.

How much is too much bleeding?

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

Call CU Emergency Line/EMS: **212-854-5555** in case of excessive bleeding or unbearable and persistent abdominal pain.

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.**

Yoga

for processing and centering



cat- cow



childs- pose



supine twist

B **r** **E** **A** **T** **H** **e**

inhale 1...2...3..4...
hold 1...2....3...4...
exhale 1...2...3...4...
repeat <3

III. AFTER

Next Steps

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. If you test positive, you may need to seek medical attention -- call the M+A hotline for more info.

Journal. Process your emotions: sadness, happiness, empowerment, anxiety, grief, relief, guilt, or all combined! Cry, Laugh, Whatever you feel is valid.

FAQ

I had my medication abortion 3-5 weeks ago, is it bad that I am still bleeding?

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

How long after having a medication abortion can I use tampons or resume penetrative sexual intercourse?

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

Are there psychological consequences to medication abortion?

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 abortion

A Medication Abortion Repro Reading List

links available at
reprojusticecolumbia.org/guides

"Reproductive Justice" by Sister Song

"The Long, Disgraceful History of American Attacks on Brown and Black Women's Reproductive Systems" by Natasha Lennard

If/When/How Brief on Reproductive Justice in the Prison System

"We Must Promote Gender-Inclusive Reproductive Health Care" by Sophia Serrao

"Disability and the Right to Choose" by Jennifer Bartlett

Repro 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.

844.868.2812. REPROLEGALHELPLINE.ORG

PLANNED PARENTHOOD RESTRICTION TRACKER: CONSTANTLY UPDATED MAP OF ABORTION RESTRICTIONS BY STATE.

PLANNEDPARENTHOODACTION.ORG/ABORTION-ACCESS-TOOL/US

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

This is me trying...to keep my bodily autonomy

*fight for abortion
access with RJC!*



Reproductive Justice Collective

Thank you for reading!

with love,

**The Reproductive Justice Collective
at Columbia**

reprojusticecolumbia.org