

**la** **HOW TO USE MISOPROSTOL**  
5 to 13 weeks of pregnancy

- Put 4 pills under tongue.
- Dissolve 30 minutes.
- Repeat every 3 hours until abortion completes.
- You will need at least 12 pills in total, **you may need more.**

● = 200 mcg

200 mcg 200 mcg 200 mcg

Use 4 pills, every 3 hours.



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If the abortion has not completed with 3 doses, you can use 4 more pills the same way, at least 3 hours after the third dose. For information on how to tell if the abortion has completed, go to <https://bit.ly/enSAsuccess>.

If there has been no bleeding after 3 doses, get pills from somewhere else and start over.

## Using mifepristone and misoprostol

In this process, you swallow mifepristone, wait 24 to 48 hours, and then use misoprostol.

### For pregnancies of less than 12 weeks

Swallow 200 mg mifepristone and wait 24 to 48 hours. Then let 4 pills of misoprostol dissolve, either under your tongue or between your cheeks and gums, for 30 minutes. Then swallow what is left with water.



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## Abortion with pills

Abortion with pills for pregnancies of 13 weeks or less is the least expensive method of abortion. It can be done safely at home, and is easier to access than other methods where abortion is restricted.

Misoprostol is a common medication that can end a pregnancy safely and effectively, in a way very similar to a miscarriage. It can be used by itself, and it works even better when combined with mifepristone. Misoprostol is also used to treat ulcers, so it is sold in pharmacies in many countries. Mifepristone is only an abortion medicine, and it is not available everywhere.

To know your dose of abortion pills and when to take them, you need to know how long you have been pregnant. Count the days and weeks since the first day of your last period, or use our online pregnancy calculator here:

<https://bit.ly/enSAcalc>

If you had unprotected sex within the last 5 days, emergency contraception pills can prevent pregnancy.



## If you go for medical help

Symptoms of pain and bleeding from an abortion with pills are the same as for a miscarriage. No one can know you used abortion pills unless they are found in the vagina or you tell them.

If you can, bring someone with you for support.



If you think the abortion is not progressing or did not work, use another 4 pills of misoprostol the same way at least 3 hours later. For information on how to tell if the abortion has completed, go to <https://bit.ly/enSAsuccess>.

## Using misoprostol by itself

For pregnancies of 13 weeks or less, you need to use 4 misoprostol pills of 200 mcg each every 3 hours until the abortion completes. For example, if you use the first 4 pills at 6 in the morning, use the next 4 pills at 9 and the next 4 pills at noon. Most people need to use at least 12 pills to complete the abortion. Some people need more.

Misoprostol pills are not swallowed like other medicines. Pills should slowly dissolve for 30 minutes, either under the tongue or between the inner cheek and the gum.

Where abortion is legal, pills can be used deep in the vagina for 30 minutes. Pills do not dissolve completely in the vagina, and can be found by a doctor if you seek medical help.



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If you chose to have an abortion, you can feel confident about your decision. Abortion with pills is very safe and used by:

- People of all ages
- People who are breastfeeding
- People of different weights
- People who have had children
- People who have never had children
- People who have HIV
- People who use hormones like testosterone

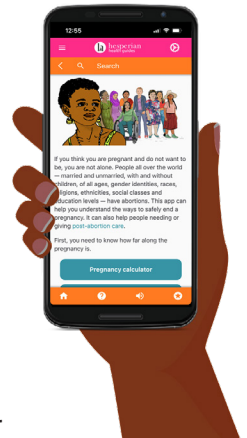
Safe abortions do not cause any illness, nor do they cause harm to future pregnancies or to your body.

Having an abortion is a very personal decision. Only you can determine the right thing to do in your circumstances. Trust that you will make the right choice, and work to make it a safe one.

## Abortion with pills for pregnancies of 13 weeks or less

People all over the world have abortions. Abortions can be very safe. They are much less risky than pregnancy and childbirth.

Understanding how to use pills to have an abortion, and what to expect, can help you make an informed decision and have a better experience.



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## Plan for your abortion

- Be with a person you trust.
- Get support from an accompanier or someone familiar with abortions.
- Get support around work or family responsibilities, as the abortion may last 48 hours.
- Plan for how you will dispose of the expelled abortion.

### Have on hand:

- Cell phone with prepaid minutes and charger
- Cash for more pills if needed, or for an emergency
- Complete dose of misoprostol (at least 12 pills of 200 mcg each)
- 10 or more pads for bleeding
- Ibuprofen, naproxen, or diclofenac for pain
- Thermometer

## During the abortion—Expect

- Bleeding and cramps. Use a painkiller like ibuprofen or a hot water bottle for cramps.
- Expulsion of blood clots and tissue, which usually completes within 6 hours but can last 48 hours.
- Nausea, vomiting, diarrhea, chills, and mild fever (below 38°C/100.4°F). This is normal.
- Watch for warning signs (see page 10).

## After the abortion

- For 7 days, avoid strenuous activity.
- For 5 days, avoid sex and do not put anything in the vagina (soap, tampons, menstrual cups, etc.).
- Eat healthy foods.
- Start birth control. You can get pregnant immediately after an abortion. See Hesperian's free Family Planning app <https://bit.ly/enFPweb>.
- Talk to someone you trust, or a hotline, for emotional support.
- Signs of pregnancy, especially nausea, should go away in a few days. If you want to confirm the abortion worked, get an ultrasound (sonogram) after 2 weeks, or a home pregnancy test after 3 weeks.



You can get the Safe Abortion app,  
with more information, here



<https://bit.ly/enSAweb>

The app works entirely offline  
once downloaded.

## Warning signs

If you have any of these symptoms, get medical help quickly.

### Excessive bleeding and blood clots

- you soak more than 2 pads or cloths in an hour for 2 hours in a row
- blood clots are larger than your fist
- you also feel dizzy or lightheaded

### High fever (above 38°C/100.4°F) if:

- it lasts more than 4 hours
- it begins more than 24 hours after you used misoprostol
- you also have chills and belly pain

**Severe abdominal pain**, even after taking ibuprofen or other pain medicine

### Bad-smelling vaginal discharge

## Who should not use abortion pills

### Do not use abortion pills if:

- you have had pain and bleeding during this pregnancy
- you have heart disease, severe anemia, hemophilia, or chronic adrenal failure
- you are allergic to misoprostol or mifepristone
- you take blood-thinning medicines
- you have an IUD in your uterus

### For pregnancies later than 13 weeks, get support

If the pregnancy is farther along, the doses of misoprostol are smaller and more frequent, and the abortion may take longer. Get advice and support from a midwife, abortion accompanier, or health worker to make sure you are as safe and comfortable as possible.



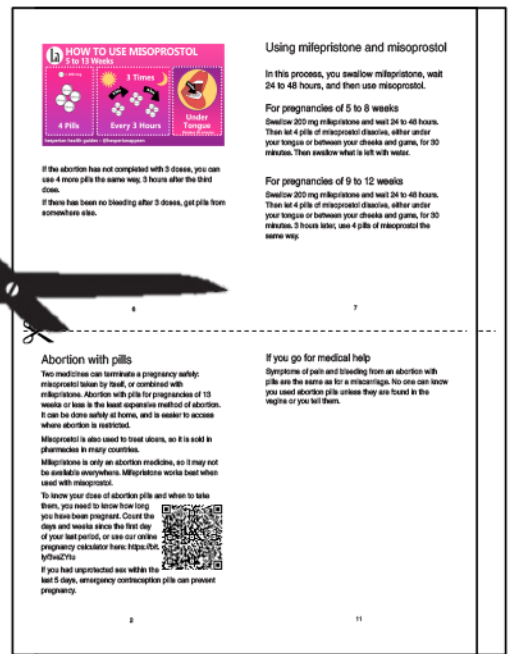
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## Safe Abortion app Quick Guide

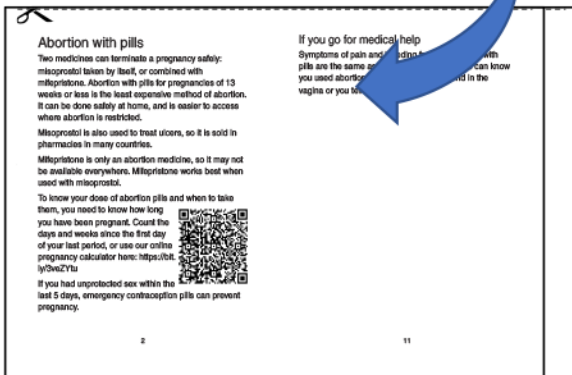
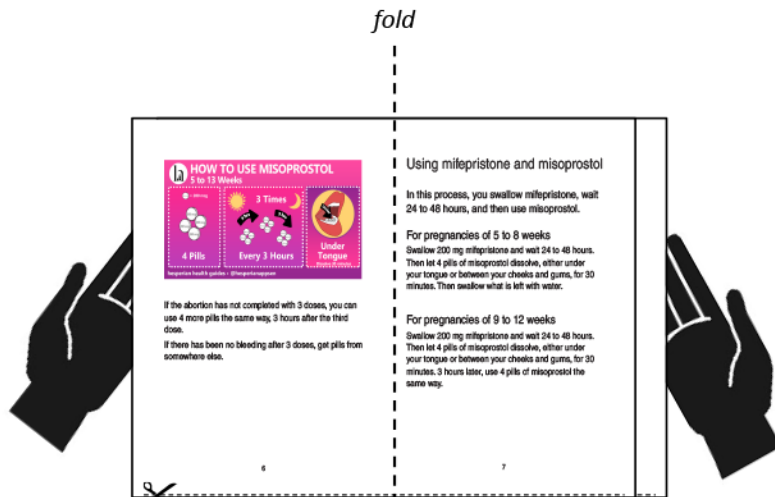
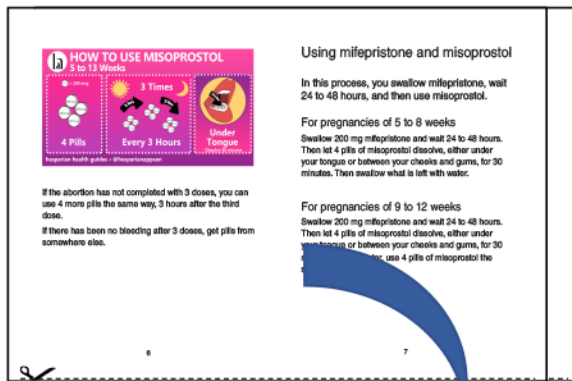


# How to make your mini-book



1. Print the PDF double-sided. If you cannot print double-sided, glue the pages so the first and second pages of the PDF are back-to-back, and the third and fourth pages of the PDF are back-to-back. After this, all pages should be facing the same direction up and down.
2. Put the pages together so the first page of the PDF is on top. The first and third sides of the PDF should be facing you in the stack, and the second and fourth sides should be facing away from you.

3. Cut the pages in half along the dotted line.



4. Put the upper stack of half-pages on top of the lower stack of half-pages.

5. Fold the stack of pages in half to form a book. Staple on the fold to hold the pages together.
6. Distribute widely!