

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.

### ARE THERE PSYCHOLOGICAL CONSEQUENCES TO MEDICATION ABORTION?

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.

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

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

### 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:

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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.

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.

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

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

### MISCARRIAGE + ABORTION HOTLINE:

## WHEN TO SEEK MEDICAL ATTENTION

## GUIDE TO SELF-MANAGED ABORTION

using abortion pills



Written by Reproductive Justice Collective at Columbia  
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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 (number above) for more info.

## AFTER: NEXT STEPS

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

### REPROCCARE HEALTHLINE

mahotline.org | 833.246.2632

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

### 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.



First, you will take the mifepristone pill. Next, 24-48 hours after taking the first pill, you will take the next pill, misoprostol. 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.

## DURING: THE SMA

## BEFORE: WHAT TO HAVE AROUND

- + Maxi pads
- + Hot water bottle
- + Foods rich in iron (spinach, oatmeal, almonds, quinoa)
- + Your favorite dessert
- + Tea: nettle & raspberry tea leaf

## BEFORE: ORDERING ABORTION PILLS

You can order the pills online from Aid Access — available in all 50 states: [aidaccess.org](http://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.