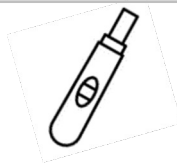


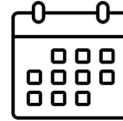
# How to Use Mifepristone + Misoprostol

**Before taking abortion pills:**  
**Take a pregnancy test.**

*This is not required, but it can avoid confusion later.*



**Check your dates.**



Count the time from the first day of your last period to today. Or get an ultrasound.

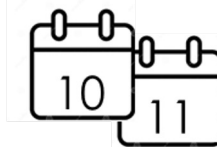
## How to take the pills:

STEP  
**1**

**Swallow 1 mifepristone 200mg pill**



**Wait between  
24-48 hours**



STEP  
**2**

**Take misoprostol in one of these very effective ways:**

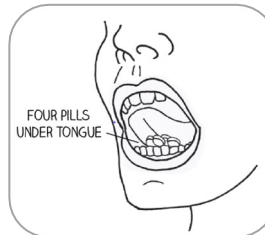
**1 Inside the cheek**



Hold the pills between the gums and cheek like how a chipmunk holds food for 30 minutes. Then swallow or spit out what's left.

OR

**2 Under the tongue**



Hold the pills under the tongue for 30 minutes. Then swallow or spit out what's left.

OR

**3 In the vagina**



Put the pills in the vagina and lie down for 30 minutes. *Note: Pill pieces could be found during a vaginal exam.*

## How much misoprostol to take depends on how far along the pregnancy is:

**Less than 9 weeks**

**Take 4 pills at once.**

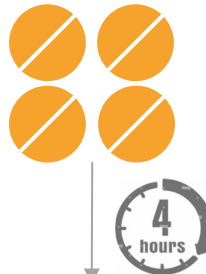


*If you haven't started bleeding after 24 hours, take another 4 pills.*



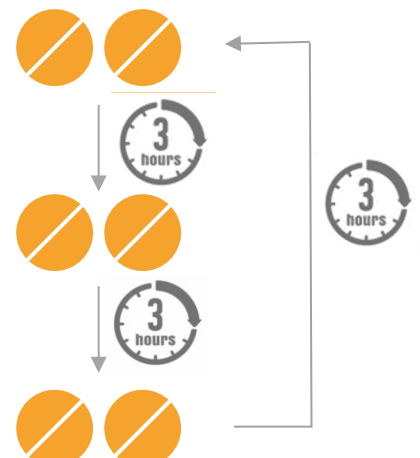
**9-12 weeks**

**Take 4 pills at once.  
4 hours later, take 4 more pills**



**12+ weeks**

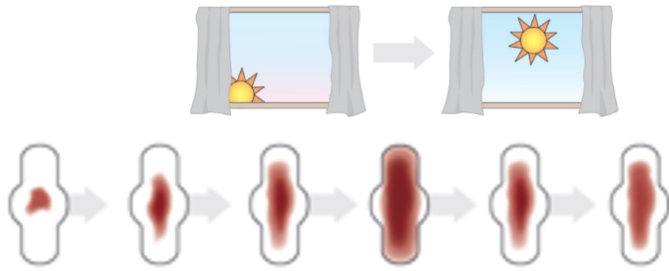
**Take 2 pills every 3 hours  
until the pregnancy is out**



**You will have pills leftover. Hold onto them for at least 1 month** in case we advise you to take more.

## Bleeding and cramping:

- Bleeding can vary it can be lighter, the same or heavier than a normal period. **Passing clots is normal.**
- If you are over 10 weeks pregnant you may see a small fetus pass.



## Pain and side effects:

When the pain starts, you can take **pain medicine:**

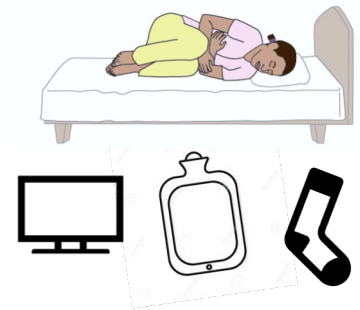
- ibuprofen 800mg every 6-8 hours +
- acetaminophen (Tylenol) 1000 mg every 6 hours.

You can also try:

a heating pad

a hot shower or bath

**Temporary side effects** include diarrhea, fever, vomiting, headache & chills. If you vomit less than 30 minutes after taking either pill, let us know right away.



## Did it work?

- If you had the expected bleeding and your pregnancy symptoms go away, the pills most likely worked. Passing clots or tissue is also a good sign the pills worked.
- If you're unsure, you can get an ultrasound or 2 blood tests 2 days apart.
- Pregnancy tests can stay positive for 5 weeks, so they are not a reliable way to check if the pills worked.

## After the abortion:

- A follow-up appointment is usually not needed.
- You might **bleed on-and-off until your next period**, which usually comes in 4-8 weeks and may be heavier than normal.
- You can have sex again when you feel ready. You can get pregnant as soon as 8 days after the abortion. Most birth control methods can be started right away.

**If you have little or no bleeding, or your pregnancy symptoms do not go away:**

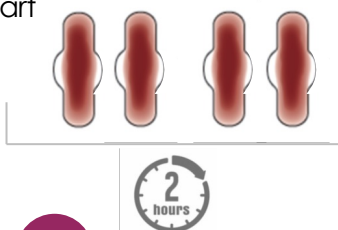
It's possible the pills did NOT work (occurs in 1-2% of cases). Contact us right away for further guidance.

**An abortion with pills is very safe. The risk of severe complication is less than 1%.**

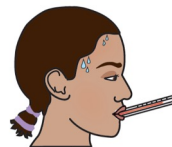
**! Seek emergency medical care right away if you have:**

### Too much bleeding

Soaking 2 overnight pads per hour for 2 hours in a row, or heavy bleeding with dizziness, trouble breathing or racing heart



### Fever above 101°F 24 hours after taking misoprostol



### Severe pain that does not go away



At the hospital, you do not have to say you took abortion pills. You can say: "I'm pregnant and just started bleeding." The signs of miscarriage and abortion are the same, so they will not be able to tell that you took pills. The treatment is also the same, so you will get the right care.



**Questions?** We are here for you.



Call or text  
**1.872.201.3000**



Message us in the portal  
**patient portal**