

How to Take the Pills For Your Abortion and What to Expect

You will take 2 sets of pills for your abortion. 1 BIG pill and 4 small pills. You will take the BIG pill on Day 1. You will take the small pills on Day 2 or on Day 3.

- The BIG pill you will take on (Day 1) is called **mifepristone**.
- The small pills you will take on (Day 2 or 3) are called **misoprostol**.

Day 1 – What will I do when I receive the pills? You will take a mifepristone pill on day 1. You will also get ibuprofen pills to take. Please make sure that you buy in a pharmacy to help reduce cramps.

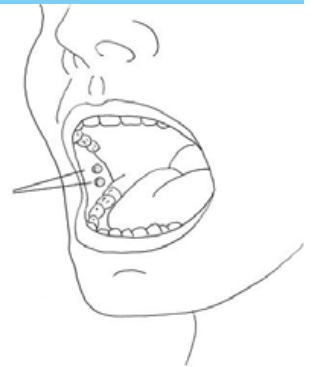
Getting ready for Day 2 or 3 – You will bleed and have cramps after you take the misoprostol pills at home. So you'll want to plan ahead before you take them:

- Choose a time when you can be private and rest for awhile after you take them.
- Plan to have someone you trust on hand to help you out.
- Buy maxi pads, pain medicine, food, and anything else you will need to make yourself relaxed.
- Have books or videos to help you pass the time.

Day 2 or 3 – How do I take the misoprostol pills?

- You will take the misoprostol pills at home on Day 2 or 3 (24–48 hours after taking the mifepristone on day 1).
- Take the pain pills to prevent cramps. You can use ibuprofen (Motrin). Follow the directions on the bottle. **Do not take aspirin**, because it will make you bleed more.
- Wait 30 minutes.
- Take the 4 misoprostol pills. Put 2 pills on one side of your mouth, and the other 2 on the other side of your mouth. Wait 3 minutes for the pill to dissolve. After 30 minutes, swallow what is left of the pills.

How to take your misoprostol pills:



2 pills on each side of the mouth.

What will happen to me after I take the misoprostol pills? It is normal to cramp and bleed. Cramping and bleeding often start 2 to 4 hours after you take the pills. It can last for hours. It is heaviest when the pregnancy comes out. The pregnancy is very small. You may not see it. You might see it if you are more than 8 weeks (2 months) pregnant. At 8 weeks, the fetus is about 1/4 to 1/2 inch. Cramping and bleeding will slow down after it comes out.

Things to know:

- Bleeding can be heavy. You may see large blood clots the size of a lemon.
- You may feel sick to your stomach.
- You could have diarrhea.
- You could have mild fever or chills for a little while.

Your cramps may be strong. To feel better, you can:

- Take your pain pills.
- Put a hot water bottle or heating pad on your belly.
- Take a shower.
- Sit on the toilet.
- Have someone rub your back.

How will I feel after the pregnancy comes out?

- **Bleeding** – It is normal to bleed. You may have little or no bleeding for a few days or weeks. Bleeding may stop and then start again. You may bleed like a normal menstrual period for 1 or 2 weeks. It should get lighter and lighter. You should have your normal period again 4 to 8 weeks later.
- **Cramping** – You will cramp less and less as the hours and days go by.
- **Fever and chills** – You may have fever and chills the day you take the misoprostol pills. It is **not** normal to have a fever after that. Call us right away if you do. It could be a sign that you are getting an infection.
- **Breast changes** – Tenderness should go away in a few days. You may leak a milky discharge. Wear a snug-fitting bra if you do. This should stop in 1 or 2 days.
- **Nausea** – This should go away in 1 or 2 days after you take the misoprostol pills.
- **Feeling tired** – You may feel tired for 1 or 2 days. You should be back to normal soon.
- **Activity** – You can go back to your normal activities like – school, work, driving – as soon as you feel up to it. Do **not** do hard work or heavy exercise for several days. This includes swimming, lifting heavy things, bicycling, or jogging. You should start to feel better each day after. Please call us if you don't feel better.

What other things should I know?

- **Should I use tampons or maxi pads?** Using maxi pads makes it easier to tell how much you are bleeding. You can use tampons when the heavy bleeding lets up.
- **When can I have sex?** You should wait a week (7 days) before having sex.
- **What should I do about birth control?** Start your birth control as you were told by the clinic staff. We can help you if you haven't chosen a method yet. You can get condoms, female condoms, sponges, and spermicide at your drugstore. If you have unprotected sex or the condom breaks, you can use emergency contraception (EC), also known as the morning-after pill. EC can help stop you from getting pregnant if taken within 5 days of unprotected sex. You can get EC from the drugstore or at one of our clinics.

Emergencies – Call 971) 581-274 826 if **any** of these things happen. **If it is before 9 a.m. or after 5 p.m., or a weekend, call our 24-hour emergency number at +1 (978) 331 0390.**

- Your temperature (fever) is 100.4° F or higher. A fever the day you take the misoprostol can be a normal side effect. If you are worried, call us.
- You soak more than 2 maxi pads an hour for more than 2 hours.
- You pass "big" (larger than the size of a lemon" blood clots for more than 2 hours.
- You bleed heavily for more than 12 hours in a row.
- You throw up for more than 4 to 6 hours.
- You can't eat or drink for more than 4 to 6 hours.
- Pills, rest, a hot water bottle, or heating pads don't help with abdominal pain or cramps.
- You are weak, feel sick to your stomach, have abdominal pain or discomfort, throw up, or have diarrhea for more than 24 hours after taking misoprostol pills. All of these could be signs of serious infection.

Call us if any of these happen to you. Do not wait for your follow-up visit. If you call, tell us:

- How many maxi pads you have used in the past hour (60 minutes).
- The phone number and name of an open drugstore that you can get to.
- Your temperature (fever) in the past hour (60 minutes).

Your follow-up visit: Your health is important to us. Please come back to our clinic for a follow-up visit after your abortion. We are here to help you. We want to make sure that the pregnancy ended and that you are well. Please call us to set up another appointment if you are unable to keep this one.