



How to take your abortion pills and what to expect

You will take 2 sets of pills for your abortion...



DAY 1: You will take a pill at the clinic on Day 1 (called **Mifepristone**).



If you throw up within 15 minutes of taking Mifepristone, please return to Choices. Do not take the next 4 pills!



DAY 2 or 3: You will take 4 pills (**misoprostol**) at home on Day 2 or on Day 3, 24-48 hours after taking mifepristone on site (see right).



You may take **ibuprofen (Motrin)** for **the pain**. Follow the instructions on the back of the ibuprofen bottle.

How to take the four misoprostol Day 2 or 3 pills:

Wet your mouth and **put 2 pills on one side of your mouth and 2 pills on the other**, between your gums and cheek at the same time. Allow them to dissolve.

After **30 min**, swallow what is left.

Cramping and bleeding normally start within 4 hours. It can last for hours and is heaviest when the pregnancy comes out. You may not see small pregnancies, which are only up to half an inch.



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 and/or have diarrhea
- You may have **mild fever or chills** for a little while

Your cramps may be strong. To feel better:

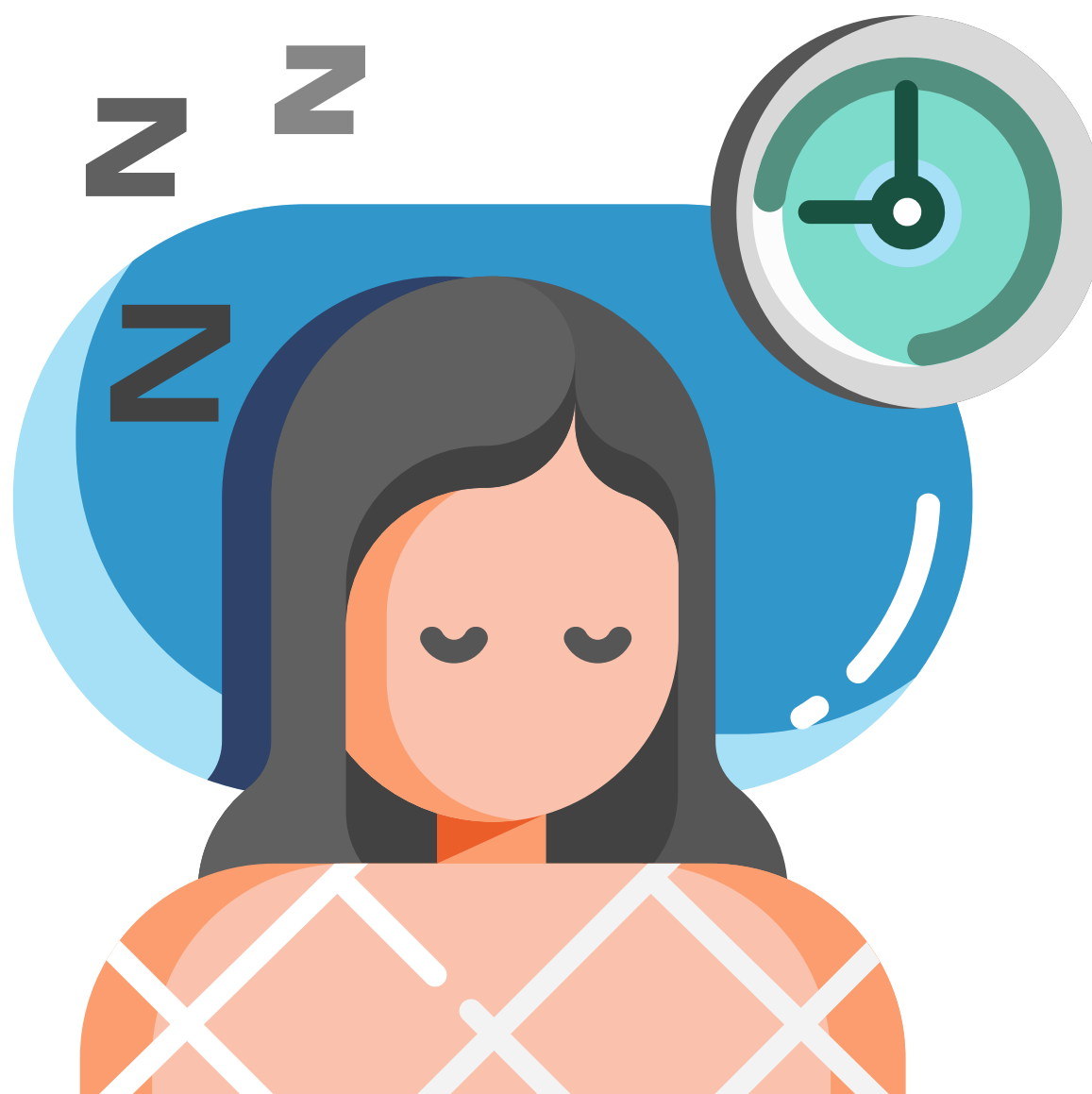
- Take pain medication. **DO NOT TAKE ASPIRIN** because it will cause you to bleed more
- Put a hot water bottle or **heating pad** on your belly
- Take a shower or sit on the toilet
- Have someone **rub your back**

How will I feel after the pregnancy comes out?

Bleeding: May start and stop for a few days or weeks. You may bleed like a normal menstrual period for 1 to 2 weeks. 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.

Nausea: This should go away in 1 to 2 days after you take misoprostol.



Fever and Chills: You may have fever and chills the day you take the **misoprostol** pills. Call us if your fever gets higher than 100.4 F

Activity: Normal activities like school, work, and driving can occur as soon as you feel up to it.

Breast Changes: Tenderness and a milky discharge may occur for 1 to 2 days.

Feeling tired: You may feel tired for 1 to 2 days.

Things I should know:

- **Tampons...** not for 7 days
- **Vaginal sex...** wait for 7 days
- **Birth control...** 7 days without sex and back to the birth control method you discussed with your counselor
- **Do not insert** anything into your vagina for 7 days

Emergencies: Call 718-786-5000 24/7 if...

- If a **fever over 100.4 F** continues after the day you take misoprostol
- You soak more than **2 maxi pads** an hour for more than 2 hours
- You pass multiple "big" (larger than the size of a lemon) **blood clots**
- You **bleed heavily** for more than 12 hours in a row
- You **throw up** for more than 4 to 6 hours

Follow-up Visit:

Your health is important to us. **Please come back to our clinic for your follow-up visit.** We must confirm by sonogram that your pregnancy came out.

Date _____/_____/_____.

Time: _____:_____ am / pm