

How to Take Abortion Pills: Misoprostol Only

Taking misoprostol alone is very safe and effective. The World Health Organization supports this method, which is used by many people around the world where mifepristone is not available.

1 CHECK YOUR DATES

Use a calendar or a [gestational age calculator](#). Measure from the first day of your last period to today.



2 (OPTIONAL) TAKE A PREGNANCY TEST

You may already know you are pregnant from your symptoms.

- You can take a pregnancy test.
- You can choose not to confirm a pregnancy and still take pills.



3 CHECK FOR HEALTH CONDITIONS

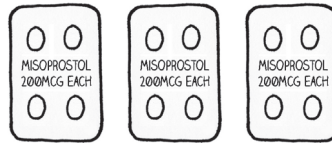
- If you have an IUD in place it may increase your risk of ectopic pregnancies and it should be removed before or after the abortion.

Be sure that you do not have:

- Long term treatment with steroids (nasal, inhaled, or topical steroids are okay)
- Symptoms of ectopic pregnancy (severe pelvic pain or severe vaginal bleeding)
- Bleeding problem or treatment with a blood thinner (aspirin is okay)

4 THE PILLS

- You need 12–16 misoprostol pills. Each one is 200mcg.



If you need to get pills, you can search for an [abortion pill provider](#) using the [Plan C Guide](#) (plancpills.org).

5 HOW TO TAKE MISOPROSTOL

How many weeks has it been since your last period?

How to take pills if you are **less than 12 weeks pregnant**:

- Use 4 misoprostol pills every 3 hours (12 pills total, see instructions below).
- If no bleeding occurs after the 3rd time, you can use 4 more misoprostol pills 3 hours later.

How to take pills if you are **more than 12 weeks pregnant**:

- Use 2 misoprostol pills every 3 hours until the pregnancy passes (see instructions below).



6 TAKE PAIN MEDICATION

You can take up to four 200-mg ibuprofen pills;
OR you can take up to two 500-mg acetaminophen pills every 6 hours as needed;
OR you can take up to two 220-mg naproxen pills every 12 hours.

You can take any of these pain pills before or after misoprostol. You can take more if needed — follow the directions on the package.

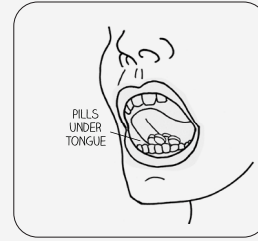
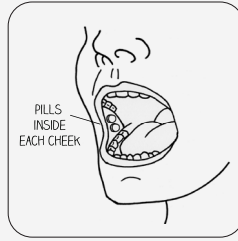


7 TAKE MISOPROSTOL

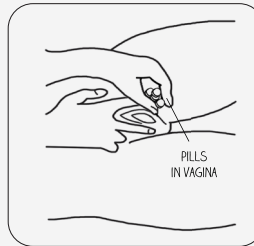
Use the table in Step 5 to find how many misoprostol pills to take and when to take them.

There are three ways to take misoprostol pills. You can put pills inside your cheeks, under your tongue, or in your vagina. Choose the method that feels best to you.

If abortion care is banned in your state, it is safest to put the pills inside your cheeks or under your tongue. This way, there will be no pill pieces left behind in the event that you need a medical exam.



For Mouth: Put pills inside each cheek or under your tongue. Hold them there for 30 minutes while your body absorbs the medicine. It's okay to swallow your saliva. Then swallow the pills with a drink.



For Vagina: Put pills in your vagina. Lie down for 30 minutes as your body absorbs the medicine. If the pills fall out after 30 minutes, throw them away or flush them.

8 SIDE EFFECTS

Cramps and heavy bleeding should start within 24 hours after misoprostol.

- If you have no cramps and bleeding after 4–6 hours, you can use 2 more misoprostol pills.
- You may see blood clots.
- If you use misoprostol in the mouth, it can make your tongue sore.
- Misoprostol can also cause nausea, vomiting, diarrhea, fever, chills, shaking — that is normal and should get better within 24 hours.
- If you have nausea you can use anti-nausea medication (benadryl, dramamine or zofran are examples).

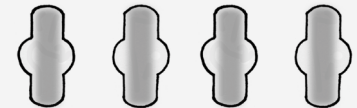


If you're more than 8–9 weeks, you may see fetal remains and wonder what to do with them. You can contact [Reprocare](#) at (833) 226-7821 for peer support or the [M+A Hotline](#) (833) 246-2632 for clinician support. The [Repro Legal Helpline](#) can help you understand your legal risks. This is important because some people have gotten in trouble for what they did with fetal remains.

9 HOW MUCH BLEEDING IS TOO MUCH?

If you soak through 2 large overnight pads per hour, for 2 hours in a row, you should contact a clinician.

You can always call or text the [M+A Hotline](#) for free, confidential medical support. Call (833) 246-2632 or visit mahotline.org



10 AFTER THE ABORTION

The heavy bleeding should slow down within 24 hours. You might bleed on-and-off for a few weeks after the abortion.

Contact your provider if:

- You don't bleed after using misoprostol
- You still have heavy bleeding a few days after the abortion
- You still feel pregnant

Your pregnancy symptoms should go away within about a week after you use the pills. Pregnancy tests can stay positive 5 weeks after the abortion. If you're not sure if the abortion worked, you can get an ultrasound. You can have sex again when you feel ready.

You can get pregnant again as soon as 8 days after an abortion. Most birth control methods can be started right after an abortion.

Important: If you had an abortion after 12 weeks and your blood type is rH negative (A-, B-, O-, AB-), you should get a shot called Rhogam. This prevents problems in future pregnancies. You should get the shot within 2 days of the abortion.

