



How to do the Abortion Pill

You will be given 200 mg of mifepristone to end your pregnancy.

You will take a second medicine, misoprostol (also called Cytotec) about 24 hours after the first pill. **Choose a time when you have had a good meal and plenty of rest.** Swallow Ibuprofen 800mg one hour before you take the misoprostol – this will help with side effects. You must take the misoprostol even if you have started to bleed.

Each misoprostol pill is 200 micrograms. Wash your hands. **Place 4 misoprostol pills in your vagina or cheeks or under your tongue.** Wait for 30 minutes (lie down if you put them in your vagina) After 30 minutes the medicine is absorbed. You can get up or swallow the rest of the pills with water. If your pregnancy was greater than 8 weeks, you should use another 4 tablets of misoprostol, 4-24 hours later, even if you have started to bleed. Put them in your cheeks or under your tongue.

WHAT TO EXPECT

Cramping and Bleeding: Misoprostol causes cramping and bleeding, often with clots. The cramps and bleeding may be much more than you get with a period. The cramps usually start 2 to 4 hours after you insert the pills, and may last for 3 to 5 hours. For very early pregnancies the cramping and bleeding may not start as quickly. It may take up to 24 hours. The bleeding means that the treatment is working. The bleeding often lasts 1 to 2 weeks, and it may stop and start a few times. Sometimes the bleeding lasts up to the next period.

You may have a lot of pain or cramps – if so, take pain medicine. You can take ibuprofen (Motrin or Advil) up to 800 milligrams every 8 hours and/or Tylenol extra strength up to 2 pills every 4 to 6 hours. You can also use a heating pad to relieve the pain. You may have nausea, diarrhea, or chills. This should get better in a few hours.

Sadness or mood changes: You may feel relieved when the abortion is over. You may also feel sad or moody. These feelings partly stem from hormone changes, now that you are no longer pregnant. Feeling moody is normal. If you think your emotions are not what they should be, please talk to us.

When will your period come back? You can expect a period in 4 to 8 weeks. This varies.

You **should** call us if:

- Your bleeding soaks through more than 2 maxi pads per hour for 2 hours,
- You do **not** bleed within 24 hours after inserting the misoprostol, OR
- You start to feel very ill after the heavy cramping and bleeding is over.

To reach us:

Call our 24-hour number: **575-222-8594**. If you have any questions or think something is wrong, call this number and we will call you back. It may take us 10 to 15 minutes to return your call. No question is too small. **Please feel free to call us.**

Follow-up:



We recommend you do a home urine pregnancy test 4 weeks after you took these meds. If it is still positive, please call us. If you still feel pregnant several days after the cramping and bleeding, call right away.

Birth Control: If you want to use birth control pills, patch, or ring, we can send a prescription to your pharmacy. You should start these a day or two after you used the misoprostol, even if you are still bleeding. If you want the depo shot, an IUD or Implant, we will discuss how to arrange for that.