

MEDICATION ABORTION

Mifepristone

Also known as Mifeprex, this medication blocks the hormone progesterone, which halts the development of pregnancy when taken during the first 70 days. Do not consume grapefruit or grapefruit juice shortly before or after taking Mifepristone, as this can make it harder for your body to metabolize it.



Misoprostol

This medication is taken within 48 hours of Mifepristone and induces cramping and the shedding of the uterine lining, similar to a really heavy period. The process is much like an early miscarriage. Misoprostol is also marketed as Cytotec for the prevention of stomach ulcers.



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What can I expect after a medication abortion?

Symptoms can include:

- Cramping and Nausea
- Heavy bleeding with large clots
- Fatigue

Take Advil or Motrin to ease any discomfort. Fatigue may last for a day or two, and bleeding/spotting for a while is very normal. Avoid doing strenuous work or exercise for several days - take it easy and let yourself rest.

You can start birth control right after your abortion, and you can return to having sex as soon as you feel ready. There is no risk to your fertility, future pregnancies, nor overall health due to having an abortion.

If you experience extremely heavy bleeding, pain that will not subside even with Advil or Motrin, fever, chills, or dizziness, contact your clinician.

Individuals with clotting disorders, ectopic pregnancies, or chronic adrenal failure should consult their clinician, as a surgical abortion may be a better option.

Where can I get Mifepristone and Misoprostol?

In Person

You can visit your OB/GYN or your local Planned Parenthood for the medications. Even if your state does not permit them to provide the pill, they will be able to provide you with options.

Telemedicine and By Mail

Many states permit the prescription of medication abortions via telehealth, where you can meet with a provider in a different location using a private, secure video connection.

[PlanCPills.org](https://www.plancpills.org) is also a phenomenal resource for connecting patients with providers and for self-managed abortions.

If you are worried about the legal status of abortion in your state, the Repro Legal Helpline can help. Contact their online chatline or call [844-868-2812](tel:844-868-2812) for specific advice



REFERENCES

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