Abortion using Mifepristone plus Misoprostol is very safe and is effective 95-98% of the times if taken during the first 12 weeks of pregnancy.

In case the woman doesn’t bleed, has little bleeding (less than menstruation and without clots) and or continues to have pregnancy symptoms after using the pills it is likely she is still pregnant. She should do an ultrasound as soon as possible to check if the pregnancy continues or not, if this isn’t possible she can use the pills again.

A woman can get pregnant immediately after an abortion! If she doesn’t want to get pregnant immediately she can start good contraception to prevent a new unwanted pregnancy.

After the abortion, a woman should expect light bleeding for 1-3 weeks, but every woman is different. Women are advised not to insert anything into the vagina (tampons), have bath and sex until heavy bleeding stops, approximately for 2 days, after a medication abortion.

AFTER THE ABORTION

WAS MY ABORTION SUCCESSFUL?

Even if the woman feels she is not pregnant anymore, it is important to make sure the abortion was successful. Women should either do an ultrasound after the medical abortion or do a pregnancy test 3-4 weeks after the abortion.

ORGANIZATIONAL INFORMATION

Women Help Women
WEB: HTTPS://WOMENHELP.ORG/
EMAIL: INFO@WOMENHELP.ORG
TWITTER: @WOMENHELPORG
FACEBOOK: WOMENHELPWOMENINTERNATIONAL

MAMA Network: Mobilizing Activists around Medical Abortion (MAMA).
WEB: WWW.MAMANETWORK.ORG
HOW DOES IT WORK?
Medical abortion causes a process like a miscarriage.

Mifepristone blocks the progesterone, an hormone important for the pregnancy and makes the uterus more receptive to Misoprostol.

Misoprostol causes contractions of the uterus, which result in the expulsion of the pregnancy tissue, clots and blood.

UNTIL WHEN CAN IT BE USED FOR SAFE ABORTION
It can be used up to 12 weeks, counting from the first day of the last menstrual cycle.

HOW TO USE TO INDUCE AN ABORTION?
A woman will need 1 Mifepristone tablet (200 mg) plus 4 Misoprostol tablets (200 mcg each)

The Mifepristone should be swallowed with a glass of water

24 hours later the woman can use 4 pills of Misoprostol between the gum and the cheek two on the left side and two on the right side.

All four pills should be left in the mouth for approximately 30 minutes to dissolve. Remains can be swallowed afterwards.

POSSIBLE SIDE EFFECTS
Within the first 24 hours the following symptoms may occur: nausea, vomiting, diarrhea, fever with or without chills, headache and / or dizziness. These side effects are not dangerous and will disappear within few hours.

WHAT CAN BE EXPECTED AFTER USING THE MEDICATION?
Cramps and vaginal bleeding stronger than during normal menstruation.
In 90% of cases, the expulsion of the pregnancy happens during the first 6 hours after use of misoprostol.
The longer the woman has been pregnant, the stronger the bleeding and cramps might be.

Painkillers can be taken at the same time as misoprostol. Ibuprofen is the most effective. Paracetamol/ acetaminophen can be used in addition.

WHAT ARE THE WARNING SIGNS (COMPLICATIONS)?
Excessive bleeding (2 or 3 pads filled per hour for more than 2 or 3 hours in a row)
High Fever of more than 39 Celsius or 38 Celsius for more than 24h
Strong pain that isn’t relieved with painkillers few days after taking the medicines
Smelly, abnormal vaginal discharge

WHAT TO DO IN CASE OF COMPLICATIONS?
Go immediately to a health center.

In case of a medical emergency, medical personnel have the obligation to attend to the person in a timely manner. The treatment for complications is the same as for complications after a miscarriage. It is not possible to see the difference between a miscarriage and an induced abortion with misoprostol. A woman in need of medical care can say she has had a miscarriage.