

# THINKING OF USING ABORTION PILLS?

Here's a little helping hand, so you know what to expect!

Rest assured



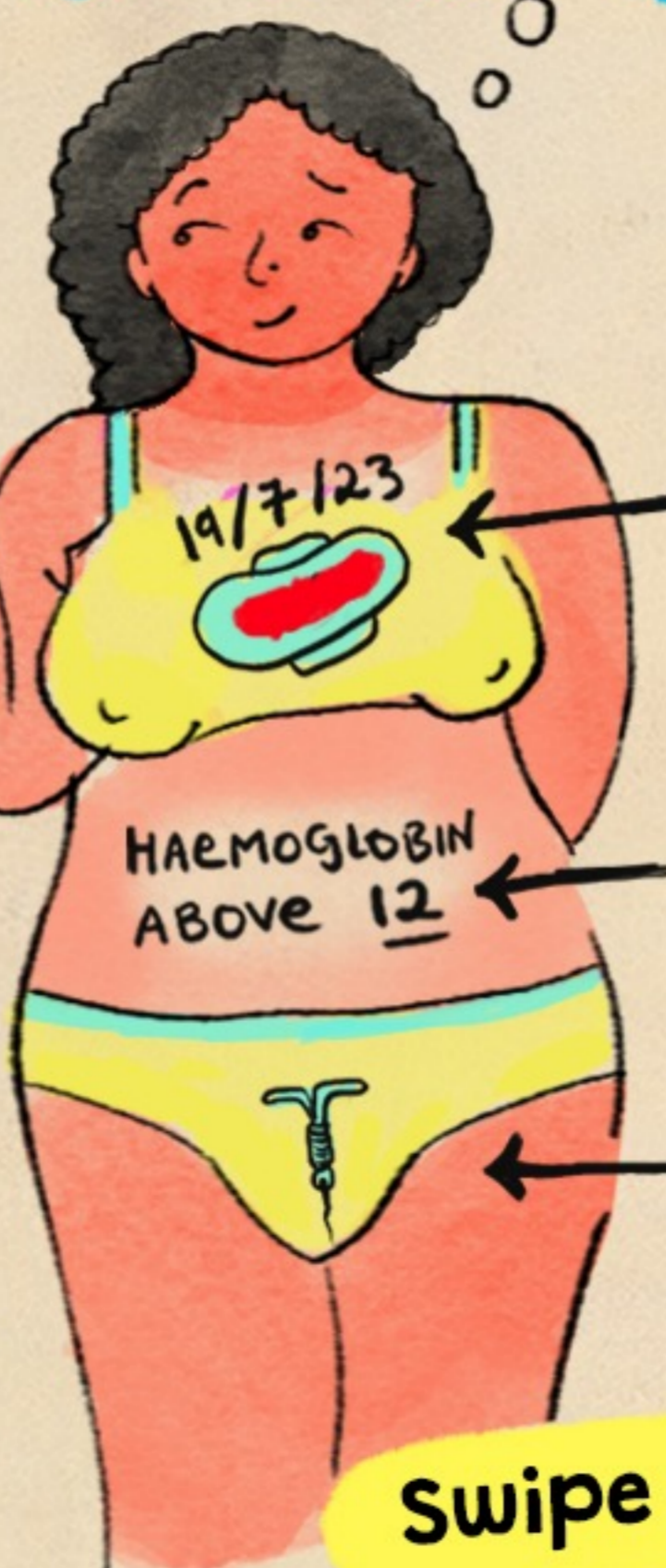
It's effective and safe



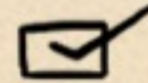
It won't make you infertile



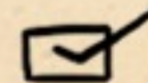
You have a right to choose!



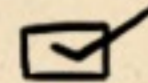
Just remember



Take it **within 12 weeks** since your last period



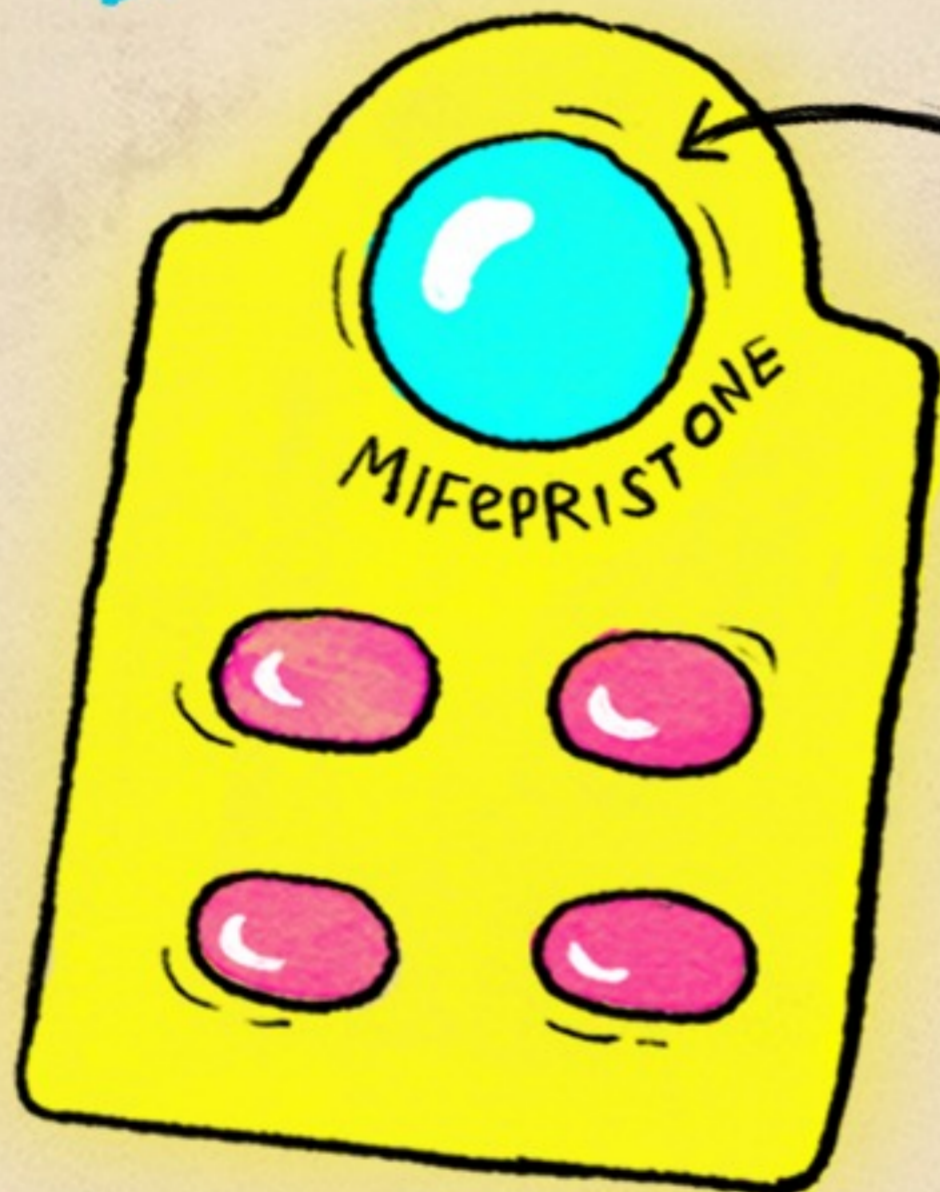
As long as you aren't **anaemic**



If you have an **IUD** - be sure to remove it

Swipe for more info!

# HOW TO TAKE IT?



## STEP 1:


Day 1 you take:

The pill **Mifepristone**  
That's the single one,  
sitting alone

How to take it?  
Swallow it whole,  
with a glass of water



## What will happen?

Maybe some bleeding,   
Maybe some cramps

**BUT** many feel nothing at all  
Keep a painkiller handy in case



# WHAT DO I DO NEXT?

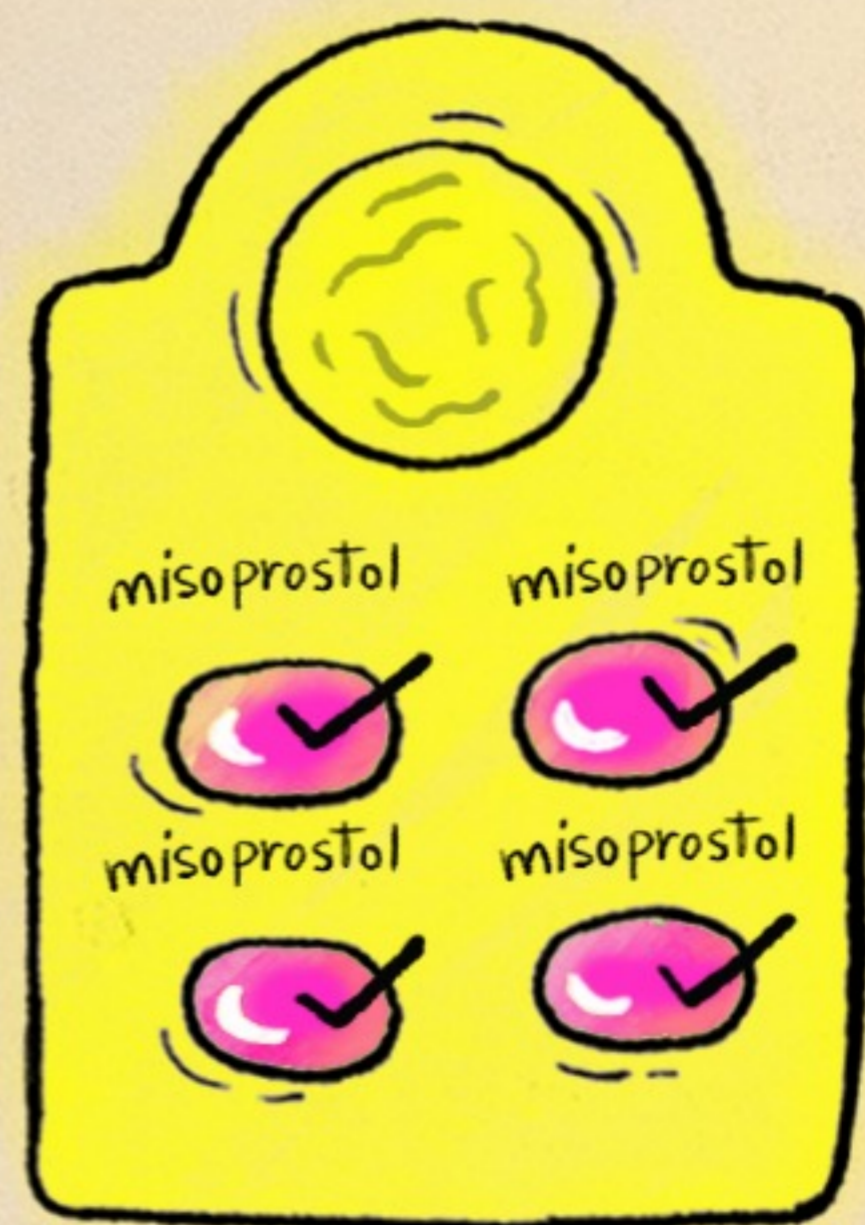
AFTER 24 HOURS AND BEFORE 48 HOURS – TAKE THE **4 PILLS** THAT LOOK ALIKE CALLED **MISOPROSTOL**

Tuck **ALL FOUR** pills **TOGETHER**

Under your tongue



Or inside your cheek  
(don't swallow)



**LET THEM DISSOLVE FOR 30 MINS** Watch an episode of your favourite show, or read 15 pages of a novel while you wait  
After 30 mins, swallow any bits of pill that are left over

# WHAT HAPPENS NEXT?

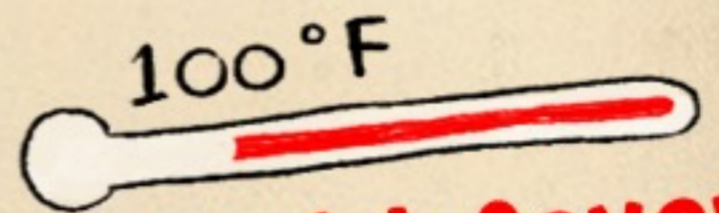
IT'S NORMAL FOR THESE THINGS TO HAPPEN

**Heavy bleeding and clots for about 2 days**

Might be **HEAVIER** than your period – have lots of pads handy. Lighter bleeding and spotting may continue for up to 2 weeks



**Pain**  
More than period pains (take some **PAIN RELIEF MEDS**, no need to suffer!)



**Slight fever**  
– not too high



**Nausea, Feeling Pukey**  
(suck on a lemon, or take an anti-nausea pill)

# WHAT IF I DON'T BLEED AT ALL?

If **12 hours** passes, and you don't bleed or cramp...



Take those **four misoprostol pills** again (not the single Mifepristone – just the four)

If you're not bleeding but you are in severe pain – go to the doctor!

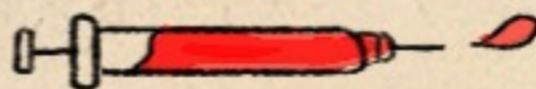
# THAT'S IT? HOW WILL I KNOW IT WORKED?



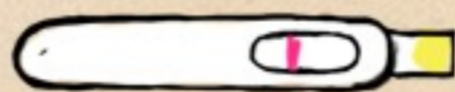
**1** In a few days, you won't feel pregnant anymore. Then just wait for your next period



**2** Want to be doubly sure? Take a **Blood test** within a few days



at a polyclinic or a **Urine test** after 2-3 weeks



to confirm you're not pregnant



You can even get an ultrasound

Am I still Pregnant?



**3** Still worrying?  
Get a doctor's check-up  
and breathe easy!

# WHEN DO I NEED TO WORRY?

1 If you have **PAIN**  
**BUT NO BLEEDING**



2 You **BLEED SO MUCH**  
you feel dizzy or faint



3 You have **DISCHARGE**  
that is **GREEN OR YELLOW**,  
or very  
smelly



4 Your fever lasts and  
**STAYS HIGH**  
even after  
taking fever  
medicine



5 You have **SEVERE PAIN**  
**EVEN AFTER 3 DAYS**,  
when the clots  
have passed...



...if you **FEEL**  
**SICK BEYOND**  
**10 OR 12 DAYS**

**THEN GO SEE AN ASHA OR A DOCTOR!**

# THE DOCTOR? BUT... I DON'T WANT TO TELL ANYONE I TOOK ABORTION PILLS

You don't have to. Just say -

I think there's been  
a miscarriage



Take someone for **MORAL SUPPORT** if you can  
A friend, a partner, a health worker



# AS YOU GO THROUGH THE PROCESS, SEE IF YOU CAN –

When you're **TIRED** – find someone to lend you a hand.

If you feel **DOWN** – find someone to hold your hand.

**REST** when you can, **Rest** how you can.



**Remember!** It is a simple process  
but it can be an intense experience

**PREPARE** for the bleeding  
and pain with pads,  
pain relievers, a little  
time off before you  
get started



**TAKE CARE**  
to avoid infection  
after. Don't insert  
anything into your  
vagina for a week



**YOU ARE NOT ALONE**  
**YOU ARE NOT WRONG.**  
Many people have abortions!  
Someone you know  
and love may have  
had one too



**SUPPORT** those  
you love who need  
an abortion;  
**SEEK SUPPORT**  
from those who  
love you

**Stay protected, Stay well, Stay happy!**