

Medication Abortion at CHN

A [medication abortion](#) is a safe and effective option to end an early pregnancy (up to 11 weeks). Read the information on this handout to learn more about getting a medication abortion at CHN and what you can expect.

At your visit:

Your doctor will talk with you about medication abortion, how it works, and any risks involved. They will provide you with a [medication guide](#) and ask you to read and sign a [patient agreement form](#).

Getting ready:

Before taking the medicines, it's a good idea to make sure you have the right supplies. [Here is a checklist you can use to help you get ready:](#)

- Buy maxi pads
- Buy or borrow a heating pad
- Pick up your favorite snacks or comfort foods
- Find comfortable clothes to wear
- Ask your doctor about any pain or anti-nausea medicines you may need
- Get a doctor's note for school or work in case you need to take time off

What medicines you will take:

Your doctor will give you two different medicines: [Mifepristone](#) and [Misoprostol](#).

It is important that you take both of these medicines the right way in order for them to work. Read through the instructions on the next page to learn more about how to take these medicines.



Day One:

Take 1 Mifepristone Pill

You will take this pill by mouth while at the office. Place the pill on your tongue. Take a drink of water to swallow the pill.

Write down the **date and time** that you took this pill.

Date: _____ Time: _____

After taking Mifepristone, you may have some cramps and vaginal bleeding. You may feel nauseous or weak and might throw up or have diarrhea.

Talk with your doctor about the best ways to help with any pain or side effects.

- Your doctor may recommend that you take (or may prescribe) Ibuprofen, an anti-nausea medicine or an anti-diarrheal medication.
- Pick up your medicine from the pharmacy or the clinic before going home.
- Use a heating pad to help with cramps.
- Drinking water may help you feel better.



24 - 48 Hours After You Take Mifepristone:

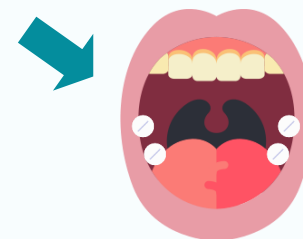
Take 4 Misoprostol Pills

Any time from 24-48 hours after you take the first pill, you will need to take a second medicine called **Misoprostol**. You must take Misoprostol even if you have started to bleed.

Choose a time when you have had a good meal and plenty of rest. To help with cramps, take 1 Ibuprofen pill 1 hour before you take Misoprostol.

Place 2 pills between your teeth and cheek (4 pills total). Wait **30 minutes**.

Drink water to swallow what is left of the pills.



If your pregnancy was 9-11 weeks, you will need a **second dose of Misoprostol**. Wait 4 hours. Wash your hands. Place 4 more Misoprostol pills in your cheeks. Leave them in your cheeks for 30 minutes, and then swallow the pills with water.

Review our [Aftercare for Medication Abortion](#) handout to learn more about what to expect after you take these medicines and what follow-up care you will need.