Step 1
Don’t be alone! Have someone with you in case you need help.

Step 2
You will need 12 tablets of Misoprostol.
To start, put 4 pills of Misoprostol under the tongue for at least 30 minutes

Step 3
In 3 hours, put 4 more pills of Misoprostol under the tongue for at least 30 minutes

Step 4
After 3 more hours, put 4 more pills of Misoprostol under the tongue for at least 30 minutes
What will I feel when my abortion begins?

- Cramping
- Bleeding

What side effects might I feel from the pills?

- Diarrhea
- Vomiting
- Chills, Fever
- Headache

How do I know if I need to go to the hospital?

- Heavy Blood Loss: More than 2 maxi pads per hour for more than 2 hours
- High Fever: Higher than 38° or 39° For more than 24 hours
- Severe Pain: For more than a few hours

For more information visit: [www.womenhelp.org](http://www.womenhelp.org)