



# Women Help Women

## Safe Abortion with Mifepristone and Misoprostol

*For pregnancy up to 9 weeks*



### Mifepristone

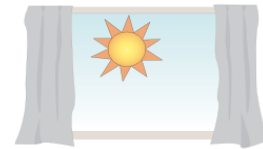
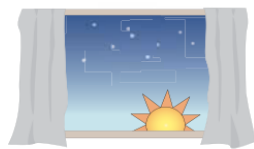
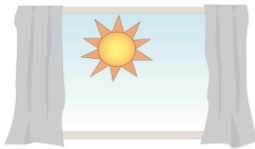
#### Day 1

1. 1 pill of Mifepristone (200mg) should be **swallowed** with a glass of water.
2. Normal eating and drinking for the rest of the day is allowed, but drugs and alcohol should be avoided



#### Wait 24 hours

Most women do not experience any symptoms during this time but some may feel nausea, cramping or bleeding



#### Day 2

There should be someone close by throughout this day in case help is needed:



1. At the same time of day that yesterday's pill was swallowed, 4 pills of Misoprostol (800mcg total) should be **placed between the gums and cheeks**, with 2 on each side.
2. The pills should be kept in place for 30 minutes while they dissolve. No food or liquids should be consumed during this time.
3. After 30 minutes whatever remains of the pills can be swallowed.

### Misoprostol

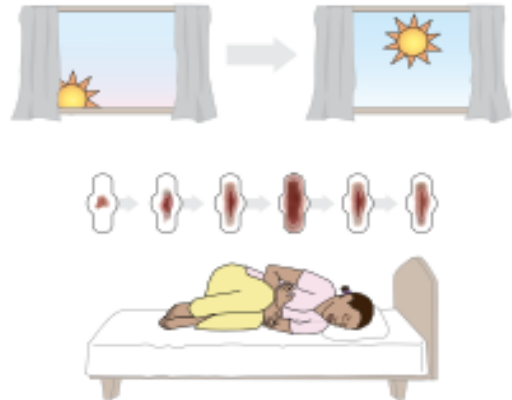


## What does it feel like when the abortion begins?

It's normal to feel heavy cramping and bleeding for several hours.

Most of the bleeding will stop by the next day, but there may be some light bleeding for up to 2 or 3 weeks.

Ibuprofen can be taken to help with cramping as well as Paracetamol



## What are common side effects from the pills?

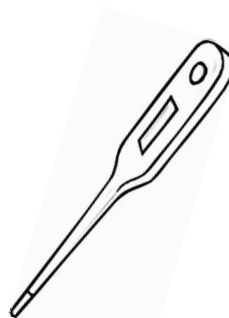
After taking the 4 pills of misoprostol, nausea, mild fever, chills, headache and diarrhea may occur for several hours.



## When to go to the hospital



**Heavy Blood Loss:**  
More than 2 maxi pads per hour for more than 2 hours



**High Fever:**  
38° Celsius for more than 24 hours or higher than 38°



**Severe Pain:**  
For more than a few hours

For more information visit: [www.womenhelp.org](http://www.womenhelp.org) or email: [info@womenhelp.org](mailto:info@womenhelp.org)