



# Women Help Women Safe Abortion with Misoprostol



## Step 1

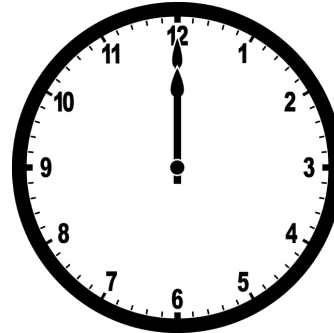
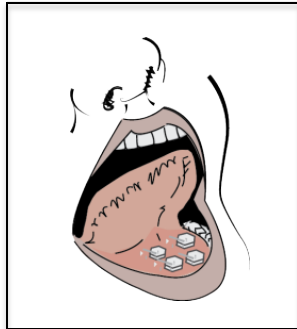
Don't be alone! Have someone with you in case you need help.



## Step 2

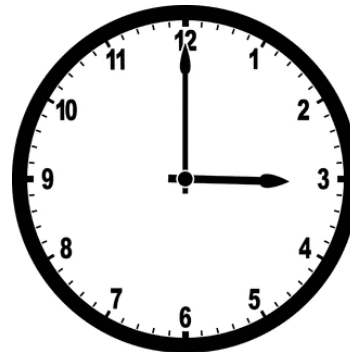
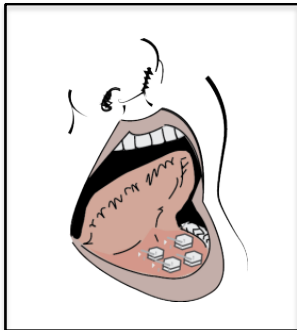
You will need 12 tablets of Misoprostol.

To start, put 4 pills of Misoprostol under the tongue for at least 30 minutes



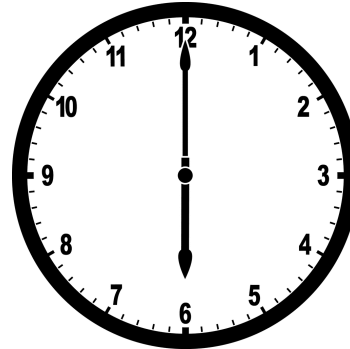
## Step 3

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

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Bleeding



## What side effects might I feel from the pills?



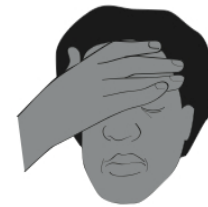
Diarrhea



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)