

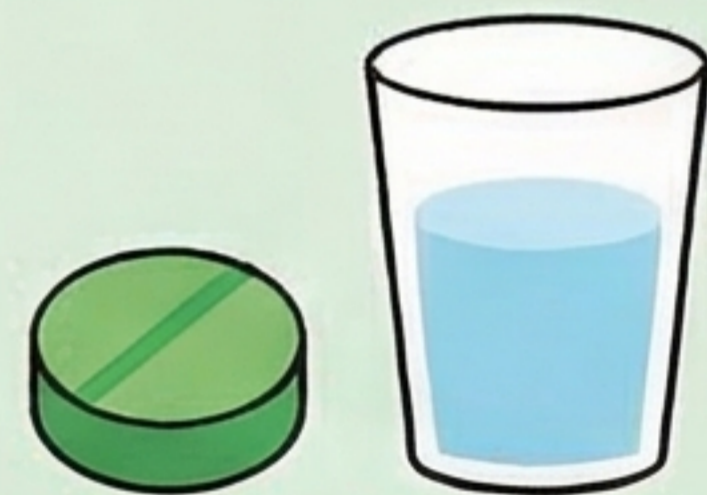
# Your Guide to Medical Abortion: Step-by-Step Instructions & Recovery

## Treatment Timeline



### Step 1: Initiating the Process

Take One Mifepristone Tablet (Green Box)



Take this single pill orally as directed by your healthcare professional to block the hormone progesterone.

**⚠️ Monitor for Early Bleeding**  
 Some patients may begin bleeding after this first step: if you vomit within 30 minutes of taking the pill, contact your clinic immediately.

### Step 2: Ending the Pregnancy (24-48 Hours Later)

24-48 Hours

Prepare for the Process



30 minutes before taking Step 2, you may take Advil/Tylenol for pain and Gravol/Pepto Bismol for nausea and diarrhea.

Administer Four Misoprostol Tablets (Orange Box)



Place two tablets in each cheek (between the cheek and gum) and hold them there for 30 minutes before swallowing any remaining fragments with water.



**The First 1-4 Hours**

Cramping and bleeding typically begin during this window; it is recommended to rest for at least 3 hours after administration.

### Emergency Red Flags: When to Seek Help



**Problem Bleeding: The '2-2' Rule**

Seek emergency care if you soak through two or more thick sanitary pads per hour for two consecutive hours.



**Large Blood Clots**

Contact a professional if you pass tissue or blood clots that are larger than the size of a fist.



**Persistent Fever or Illness**

Seek immediate help for a fever/chills lasting over 6 hours or feeling sick (weakness/vomiting) more than 24 hours after the second medication.

### What to Expect: Symptoms & Management



**Peak Cramping and Bleeding**

The most intense symptoms generally last 4-6 hours as the pregnancy tissue is passed.



**Common Side Effects**

You may experience nausea, vomiting, diarrhea, dizziness, or chills, which usually resolve within 24 hours.



**Pain Management Techniques**

Use a heating pad or hot water bottle on your abdomen and frequently massage the lower abdomen to ease discomfort.



### Recovery and Follow-Up



**The 7-Day Safety Rule**

Do not insert anything into the vagina (no sex, tampons, or baths) for one week to prevent serious infection.



**Mandatory Blood Tests**

You must complete a second blood test exactly 7 days after Step 1 to confirm the abortion was successful.



**Long-term Expectations**

Light bleeding/spotting can last 4-6 weeks; your normal menstrual period should return within 4-8 weeks.

### Statistical Risks and Effectiveness

Fully Effective Treatment	95% - 97.3%
Requirement for Surgical Completion	2.7% - 5.1%
Requirement for Blood Transfusion	0.1%

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