

Pills were the right choice for me.

Abortion is safe and won't lower my chances of getting or staying pregnant in the future—if that's what I decide to do.

To learn more about abortion, birth control, or early pregnancy loss, check out the **Reproductive Health Access Project** website (reproductiveaccess.org) or refer to our Learning Guide.



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Sam's Medication Abortion

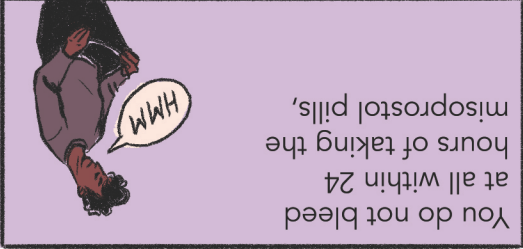


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You bleed through more than 2 maxi pads per hour for 2 hours in a row,

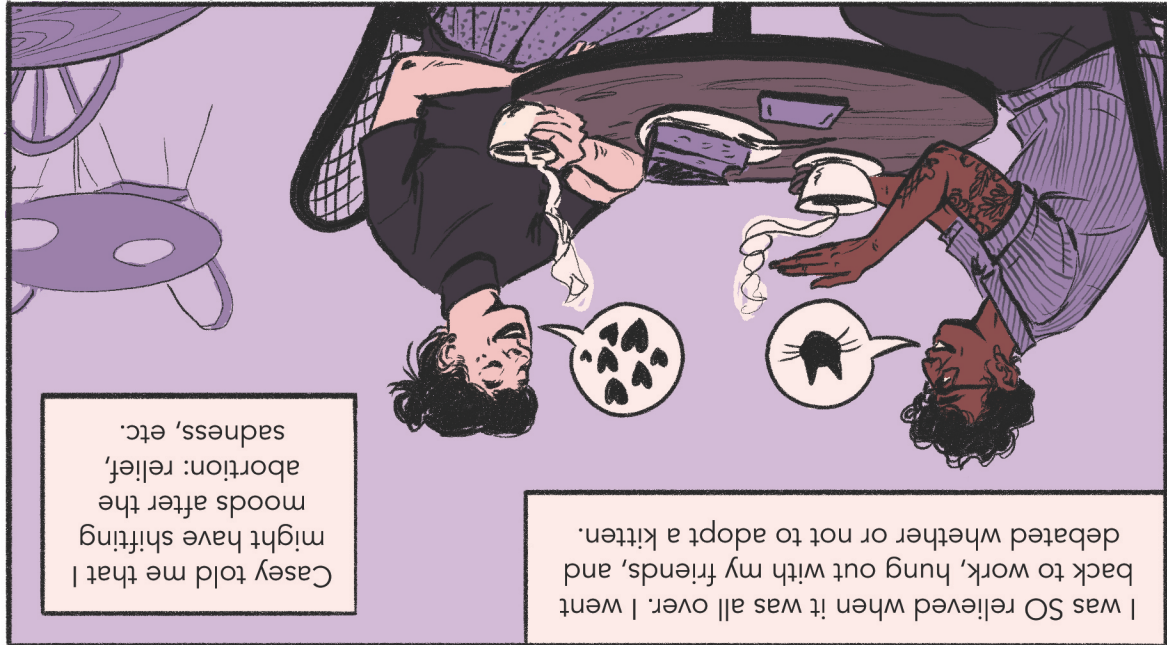


You do not bleed at all within 24 hours of taking the misoprostol pills,



Or you start to feel very ill after the heavy cramping and bleeding is over.

I also read that, very rarely, some folks need urgent help during a medication abortion. You should call your clinician if:



I was SO relieved when it was all over. I went back to work, hung out with my friends, and debated whether or not to adopt a kitten.

Casey told me that I might have shifting moods after the abortion: relief, sadness, etc.



They said that this was normal, but that if something didn't feel right I should call my clinician for support.



I'm always on the move, but I wanted to take a minute to tell you my abortion story.

When I'm not at work teaching third-graders, you can find me trying to read and cook at the same time, gardening, or hanging with my fam.

Hi, my name is Sam.



That was it!

Casey just took 5 pills at home.



I called my friend Casey for support, and they told me that they had a medication abortion 2 years ago.



I was freaking out a little, because I knew that I couldn't be pregnant now.



Last month I found out that I was pregnant. I knew something wasn't right when I missed a couple of periods.



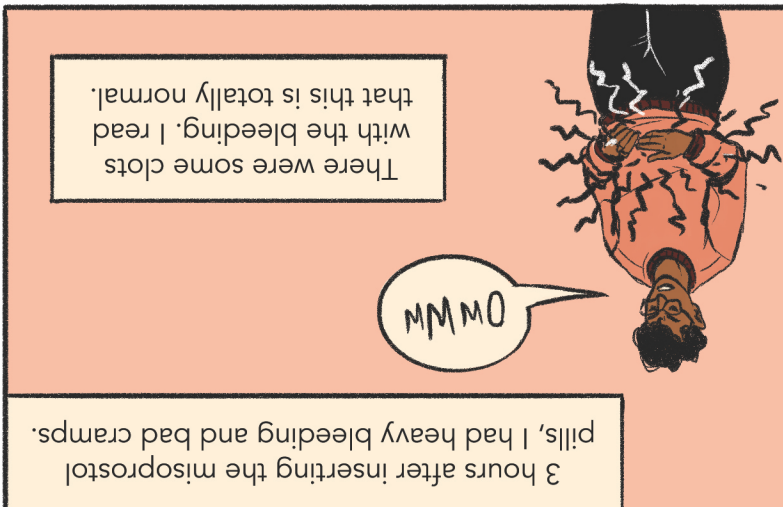
I bled lightly for about a week and a half, but Casey had told me to expect this, so I wasn't worried.



The heavy bleeding lasted for 4 hours. Later that day, I took more ibuprofen and used the heating pad.



As expected, I also had nausea, chills, and some diarrhea (the worst!), but all of this went away after a few hours.



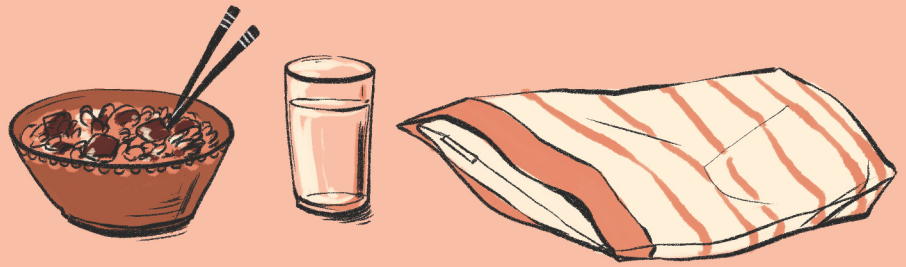
There were some clots with the bleeding. I read that this is totally normal.

3 hours after inserting the misoprostol pills, I had heavy bleeding and bad cramps.

I was nervous, but the steps were pretty simple.



I chose a time after I slept well, drank a lot of water, and ate a good meal.



I first took 1 pill called mifepristone, which blocks the hormone progesterone. That's the hormone that causes a pregnancy to grow.

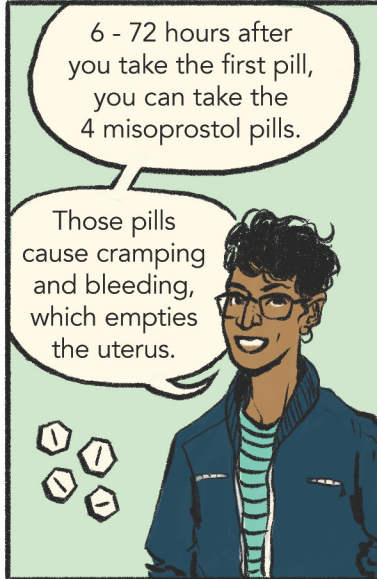


I felt a little queasy after that pill.



6 - 72 hours after you take the first pill, you can take the 4 misoprostol pills.

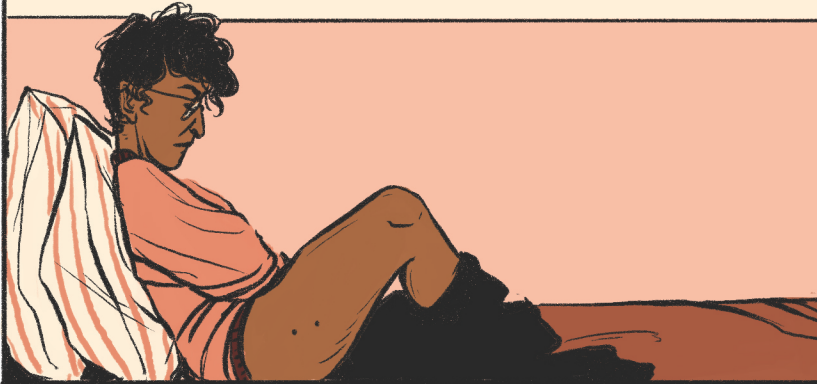
Those pills cause cramping and bleeding, which empties the uterus.



I took 4 200-mg ibuprofen pills 1 hour before taking the misoprostol pills, to help me with the cramping.



You can take the misoprostol pills 2 ways: either you put them in your cheeks and let them dissolve for 30 minutes or you put them in your vagina. I put them in my vagina.



Then I lay in bed for 30 minutes while my body absorbed the pills.



After 30 minutes, I went to the living room to watch some TV with my roommate.

My roommate was so caring and made sure to keep the hot packs and cups of tea coming.

