

National Women's Law Center
202-588-5180

Pregnancy Justice
212-255-9252

Abortion Defense Network
646-490-1053

Repro Legal Defense Fund
866-463-7533

Repro Legal Helpline
844-868-2812

Need LEGAL help?

LIBERTY
Las Libres es una organización con sede en México que promueve los derechos humanos de las mujeres y el acceso universal al aborto.

ABUZZHEALTH
LASLIBRES.ORG
¿Necesita un aborto? Abuzz puede ayudarle si tiene menos de 13 semanas de embarazo @abuzzhealth.com

PREGNANT?

BE? DON'T WANT TO

A GUIDE TO HEALTHCARE NO MATTER WHAT STATE YOU LIVE IN.

BY: LMF

Day 2

misoprostol 200mg x 4 tabs

DON'T SWALLOW THESE

a) Buccally: place 2 pills on each side of your mouth between your cheeks and gums. let the pills dissolve for 30 minutes. If any pill pieces remain, swallow with water.

b) Vaginally: Place 4 pills inside your vagina, then rest in a laying or reclining position for at least 30 minutes.

CAN'T AFFORD CARE?
That is okay, we can help.

Abortion funds.org / find-a-fund / Prochoice.org or 800-772-9100

Are you indigent?
iwrising.org or (505) 398-1990

Different things may or may not be legal in your State.

To find your closest abortion provider:
I need An A.com
Abortionfinder.org

You may need to travel, but this guide will cover that.

Take a TEST.
Drops of urine

control Result+

The most inexpensive test can be found at Walmart (98¢) or Dollar Tree (\$1.25). Get more than 1 if you can.

When should I use abortion pills?

- If someone is forcing you
- If you are more than 12 weeks pregnant.
- You have an IUD.
- You have an ectopic pregnancy
- You are more than 2 hours from a hospital.
- If you are alone. Have a trusted friend or partner with you.
- Have any of these: chronic adrenal failure, bleeding disorders, porphyrias or other serious disease.



PROCEDURAL ABORTION

—OR—



MEDICATION ABORTION

OPTIONS.

Now that you know how to be sure* are not pregnant, and how far along you are, we can discuss

If 9-12 weeks, take the additional 4 misoprostol pills 4 hours after the first dose.
If no bleeding has started after 24 hours and you are less than 9 weeks, take an additional dose of 4 misoprostol pills.
*If normal bleeding occurs after the first dose for those less than 9 weeks, save your second dose, in case you are advised to take it later.)
Wait 5 weeks then take a pregnancy test.



YOU ARE NOT ALONE!!!!

State, even if you need to fly, They can also help with lodging, childcare, meal assistance, and more.

Need to travel? OK!

Apiary PS.org

use the websites to find your nearest clinic.
Need procedural OK!
ABORTION?

OKAY.

It is okay to not be okay. You may need support during and after your abortion. That is normal.

M+A: 1-833-246-2632

Exhale: 617-749-2948

Connects: 866-647-1764

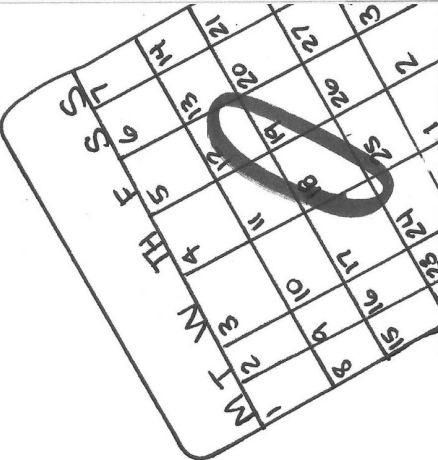
Breath: 866-647-1764

ALL OPTIONS: 888-493-0092

Faith Aloud: 888-717-5010

Reprocare: 833-226-7821

WHW: women help.org



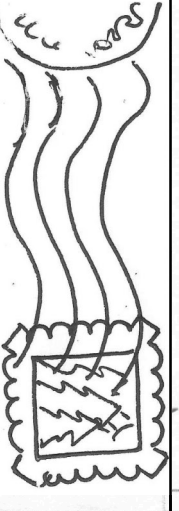
of your last period.

Calculate the *FIRST* day

TELL YOUR STORY



Often, telling our own stories, and hearing others' stories can help us heal. It helps us normalize abortion care. It helps to be in community with others. Shout Your Abortion.com can connect you with those stories and help you tell your own.



ABORTION PILLS BY MAIL:

PLANCPILLS.ORG

AIDACCESS.ORG

MAYDAY.HEALTH

HEYJANE.COM

WETAKECAREOF.US

ARMADILLOCLINIC.ORG

How to use ABORTION PILLS
You will need (0-9 weeks)

1-Mifepristone (200mg)

4-Misoprostol (200mg)

Additional needs (9-12 weeks)

4 more Misoprostol (200mg)

Day 1- Take 1 tablet of Mifepristone with a big glass of water. Most people have no symptoms.

Hydrate and rest well on day one. Do lots of self care.



mifepristone 200mg x 1 tab