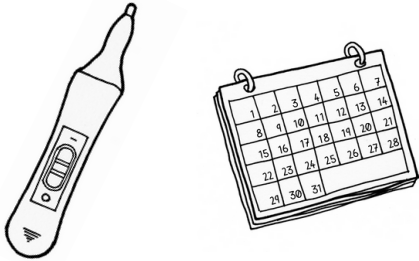


HOW TO USE PILLS

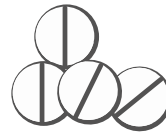
Adapted from RHAP instructions 2/7/23

1. THESE INSTRUCTIONS ARE FOR PEOPLE WHO ARE LESS THAN 13 WEEKS PREGNANT



2. THE PILLS

You have two types of pills. The first is mifepristone. The second is misoprostol.



3. ANTI-NAUSEA

Take anti-nausea meds if needed before the meds.



4. HOW TO TAKE THE PILLS

Time since last period 3-13 weeks

Day 1 Take mifepristone

Day 2
(24 hours after taking mifepristone)

1. Take pain medication first.
2. Put 4 tablets of misoprostol under your tongue. Let pills dissolve. (Don't be surprised if you are nauseous or vomit, that means the medication has been absorbed)
3. Three hours later, take 2 more pills under your tongue.
4. Three hours after that, take 2 more pills under your tongue.

If you are greater than 12 weeks continue to put two pills under your tongue every three hours until you pass the pregnancy.

Please note: take these pills even if you started to bleed after pill #1

If you're worried you didn't bleed enough or pass everything, please keep taking 2 pills every 3 hours till the pregnancy passes.

5. FIRST DAY: TAKE MIFEPRISTONE

Swallow one 200-mg pill.



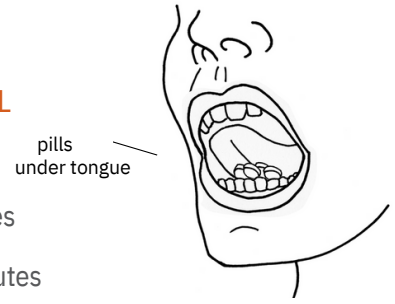
6. SECOND DAY: TAKE PAIN MEDICATION

Take 800mg of ibuprofen (4 of the 200mg over the counter pills) or 440mg of naproxen (2 of the 220mg over the counter pills) or 1000mg acetaminophen (2 of the 500mg over the counter pills). You can repeat ibuprofen or acetaminophen every 8 hours or naproxen every 12 hours as needed. You can take any of these pain pills before misoprostol. If needed, you can take ibuprofen or naproxen and acetaminophen at the same time.



7. SECOND DAY (24-48 HOURS AFTER FIRST PILL): USE MISOPROSTOL

- Put 4 pills under your tongue and let them dissolve for 30 minutes.
- 3 hours later, use 2 more pills under your tongue and let them dissolve for 30 minutes
- 3 hours later, put another 2 pills under your tongue and let them dissolve for 30 minutes
- Keep the last 4 pills just in case.



8. EXPECT BLEEDING

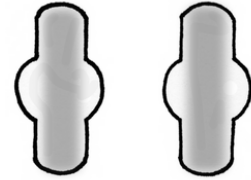
Cramps and heavy bleeding should start within 24 hours after misoprostol. If you have no cramps and bleeding, you can use 2 more misoprostol pills.

You may see blood clots. If you're more than 8-9 weeks, you may see the pregnancy tissue (embryo). You may have diarrhea, fever, or chills.



9. HOW MUCH BLEEDING IS TOO MUCH?

If you soak through two pads per hour, two hours in a row, you should contact a clinician.



Remember 2 x 2 !

2 pads for 2 hours is too much— contact us!

If you have questions or concerns, text or call our medical help line 888-963-1144

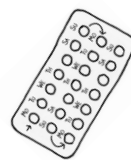
10. AFTER USING THE PILLS

The heavy bleeding should slow down within 24 hours. You might bleed on-and-off for 4-8 weeks after taking the pills.

Contact us if:

- you don't bleed after using misoprostol
- you still feel pregnant more than 7 days after taking the pills

Your pregnancy symptoms should go away after you use the pills. Pregnancy tests can stay positive 5 weeks after taking the pills. If you're not sure the pills worked, you can get an ultrasound or two blood hCG levels two days apart.



You can have sex again when you feel ready. You can get pregnant immediately after using the pills. Most birth control methods can be started right after taking pills.

Important: People more than 12 weeks pregnant who have rH negative blood types should get the Rhogam shot.

Rhogam prevents problems in future pregnancies. You should get the shot within 3 days of the abortion.