# SELF-MANAGED ABORTION: A GUIDE



A ZINE BY Reproaction

# WHAT IS SELF-MANAGED ABORTION (SMA)?

SMA IS A METHOD OF ENDING A PREGNANCY ENTIRELY OUTSIDE THE MEDICAL SYSTEM.

# SMA WITH PILLS IS SAFE AND EFFECTIVE.

ABORTION PILLS ARE SAFER THAN TYLENOL AND VIAGRA.

THE WORLD HEALTH ORGANIZATION RECOMMENDS THE SMA WITH PILLS REGIMEN FOR UP TO 12 WEEKS GESTATIONAL AGE.

# TWO KINDS OF ABORTION PILLS:




**MIFEPRISTONE,** WHICH STOPS THE HORMONE PROGESTERONE




**MISOPROSTOL,** WHICH CAUSES THE UTERUS TO CRAMP AND PUSH OUT ITS CONTENTS

# MISOPROSTOL -ONLY PROTOCOL*

1. A PERSON IN THEIR FIRST 12 WEEKS OF PREGNANCY WILL NEED 12 MISOPROSTOL PILLS (200 MCG) IN TOTAL.



2. THEY WILL TAKE THESE PILLS UNDER THE TONGUE IN 3 ROUNDS (4 PILLS AT A TIME) EVERY 3 HOURS.

3. ALL 4 PILLS SHOULD BE LEFT IN THE MOUTH UNDER THE TONGUE FOR APPROX. 30 MINUTES TO DISSOLVE. DURING THIS TIME THERE SHOULD BE NO EATING OR DRINKING. AFTER 30 MINUTES ANY REMNANTS SHOULD BE SWALLOWED.

*80-85% EFFECTIVE AT ENDING A PREGNANCY

# MISOPROSTOL + MIFEPRISTONE PROTOCOL*

1. IN THE FIRST 12 WEEKS OF PREGNANCY A PERSON WILL NEED 1 MIFEPRISTONE TABLET (200 MG) AND 4 MISOPROSTOL TABLETS (200 MCG).



2. THEY SHOULD SWALLOW THE MIFEPRISTONE TABLET WITH WATER AND WAIT 24 HOURS BEFORE PROCEEDING.

3. AFTER THE 24 HOURS HAVE PASSED THEY SHOULD PLACE 2 MISOPROSTOL TABLETS BETWEEN THE CHEEK AND GUM ON EACH SIDE OF THEIR MOUTH (4 PILLS TOTAL) AND LET THE PILLS DISSOLVE FOR 30 MINUTES.

*95%+ EFFECTIVE AT ENDING A PREGNANCY

# EXPECTED SIDE EFFECTS:



CRAMPS AND PAIN →



NAUSEA, VOMITING, DIARRHEA, LIGHT FEVER →



MENSTRUAL BLEEDING

# SIGNS OF COMPLICATION:



**HEAVY BLOOD LOSS:** MORE THAN 2 MAXI PADS PER HOUR FOR MORE THAN 2 HOURS



**HIGH FEVER:** HIGHER THAN 102° OR OVER 100° FOR MORE THAN 24 HOURS



**SEVERE PAIN:** THAT LASTS MORE THAN A FEW HOURS

# RESOURCES

## ACCESSING PILLS:

AIDACCESS.ORG OR HEYJANE.COM

## MEDICAL SUPPORT:

MAHOTLINE.ORG

## LEGAL SUPPORT:

REPROLEGALHELPLINE.ORG

## LOGISTICAL/ EMOTIONAL SUPPORT:

REPROCARE.COM

FOR MORE INFORMATION, VISIT REPROACTION.ORG/SMA

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