

abortion pills



a conversation guide

How do they work?

The “abortion pill” is a combination of two medications: **Mifepristone** blocks the flow of progesterone to help stop the pregnancy and **Misoprostol** induces contractions, causing the uterus to expel what’s inside.

But are the pills safe?

Yes! They've been approved by the FDA for the past 20 years. Serious complications occur in **LESS** than 0.4% of people, which makes them safer than Viagra or Tylenol.

They abortion pills are most effective up to 11 weeks into a pregnancy.

Are there side effects?

Abortion pills cause bleeding (heavier than a period) and cramping (mild to severe). Symptoms vary depending on the person and how far along the pregnancy is.

Other common side effects are nausea, diarrhea, headache, dizziness, and fevers. Side effects usually last between 3-14 days.

Is it the same as Plan B?

No. Abortion pills are taken to end an existing pregnancy (within the first 11 weeks). Plan B is emergency contraception taken to prevent pregnancy within 120 hours (5 days) after having unprotected sex.



How can I help?

This is an important moment for reproductive justice! We need to educate as many people as possible about their Abortion Pill options. Please use this guide to help spread the word!



- **TALK WITH 5 FRIENDS**
- **SHARE ON SOCIAL MEDIA**
- **VISIT [PLANCPILLS.ORG](https://plancpills.org)**

Can you get them online?

It depends on your location. Some states have services that allow doctors to prescribe online and send abortion pills in the mail. But, more than 18 states prohibit these “teleabortion” services.

There are also online pharmacies that sell abortion pills without a prescription. This is called “self-managed” abortion and may come with legal risks, especially in conservative states. **Plancpills.org** has a VERY helpful guide to help you understand exactly what options and support are best for you.