

Allbodies x PLAN C

abortion pills



get informed + spread the word

What are Abortion Pills?

Abortion pills, also called "medication abortion," are a modern **option for safely and effectively ending a pregnancy within the first 11 weeks.**

They're a combo of two medications: **Mifepristone** and **Misoprostol** (or Misoprostol only, if Mifepristone is not available). **Mifepristone blocks the flow of progesterone** to the developing pregnancy. **Misoprostol induces contractions**, causing the uterus to release what's inside.

Both medications are FDA-approved and widely used across the globe.



Pros + Cons

Pros

- **Convenience:** get prescribed pills online and mailed to your door.
- **Privacy:** have the experience at home, in a safe, comfortable space. Does not require invasive surgery.
- **Support:** have a friend or partner with you and find online medical and emotional support.
- **Access:** option available no matter your barriers (age, weight, immigration status, income, geography, etc.)
- **Empowering:** more control over the experience, No invasive surgery, the process can feel more natural.

Cons

- **Symptoms:** there will be more cramping, bleeding, and feel more sick than with a surgical abortion.
- **Legal:** some states prohibit telemedicine abortions, others criminalize self-managed abortions.

Side Effects

Abortion pills cause bleeding (heavier than a period) and cramping (mild to severe). Many people report very painful cramps. Other common side effects are nausea, diarrhea, headache, dizziness, and fevers. Symptoms vary depending on the person and how far along the pregnancy is.

Most people experience majority of side effects within the first few days of taking the pills. However, some people experience light side effects for up to 7-12 days after taking the pills.



Clinician-Supported vs. Self-Managed

Clinician-Supported

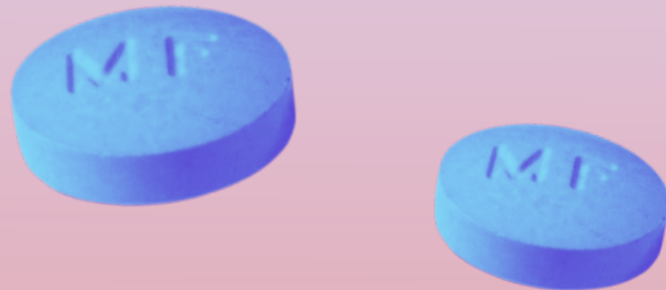
A doctor or nurse practitioner asks the patient for basic medical info reviews that info, **prescribes and dispenses the medications, and is available to answer questions** before, during and after the abortion.

Self Managed

A **person finds and takes the abortion pills without consulting a clinician.** This method is proven to be just as safe as "clinician-supported" abortions but can have legal risks, especially in conservative states.

Where to Get Them

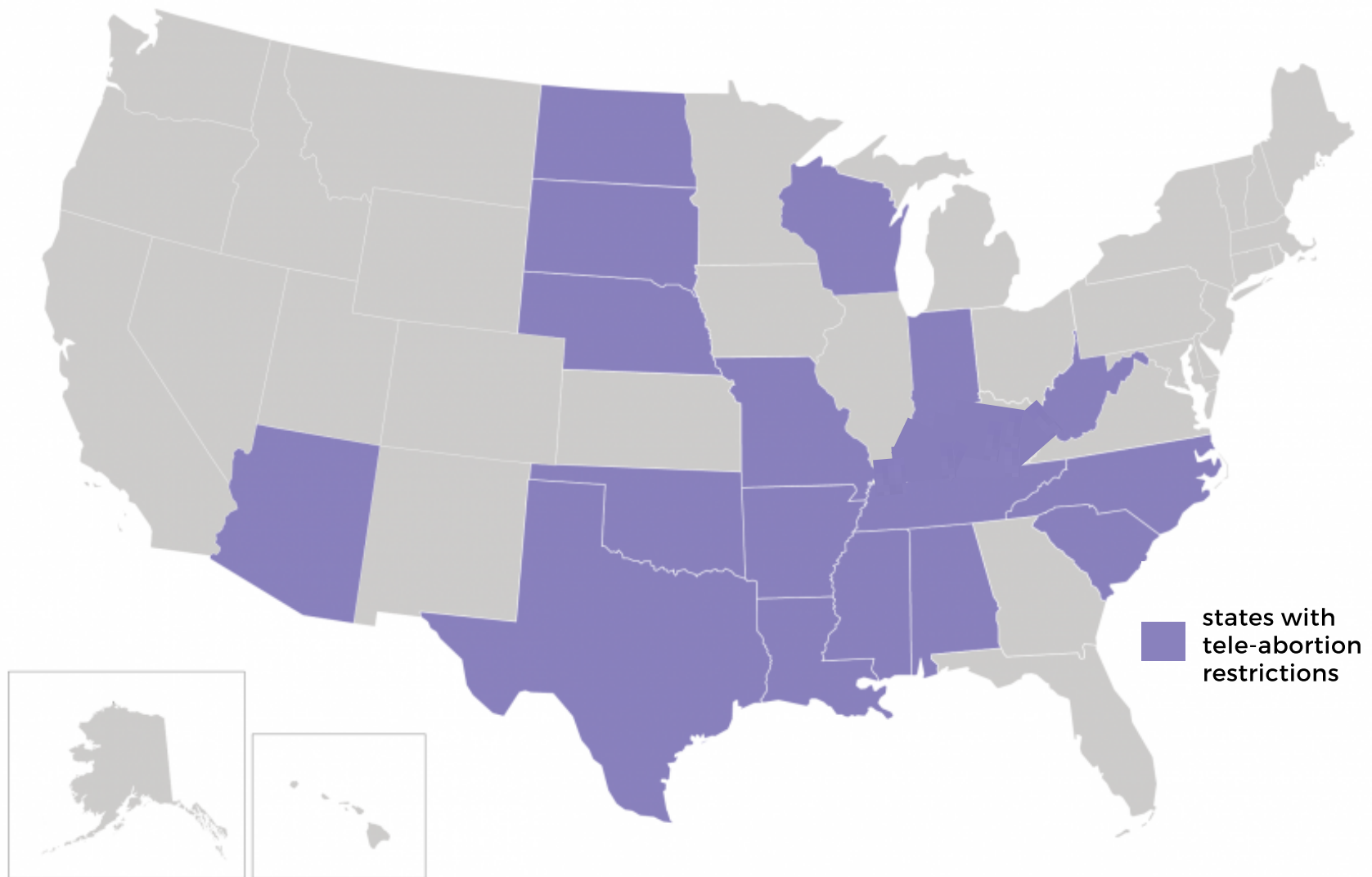
Get legally prescribed abortion pills from **abortion clinics, some family practice clinicians and telemedicine services** that prescribe online and mail pills directly to your door (only in some states). If you choose to self manage your abortion, you can go to online pharmacies. Use the resource below to find your best options:



A Guide on How to Get Abortion Pills:
plancpills.org

United States Access

18 states have policies that restrict telemedicine for medication abortion



Legal Risks

Abortion is legal in the United States and abortion pills are approved medications. There is no legal risk if you get abortion pills from a health care provider who is licensed to provide services in the US and take those pills as instructed by that provider.

There may be legal risk when people self-manage their abortions and use the pills on their own. This risk may vary by state. Arizona, Oklahoma, South Carolina, Delaware, and Nevada have laws that criminalize self-managed abortions, even though such laws are unconstitutional. Other states, may have politically-motivated police and prosecutors that target people who self-manage abortions.

If you are targeted by police on suspicion of self-managing your abortion – you have the right to remain silent, to get a lawyer or have one appointed for you, to be protected from unlawful search and seizure, and to record your interactions with law enforcement.

How People Minimize Their Legal Risks

for "self-managed" abortions

- **They keep it private.** Telling people may increase risk of prosecution.
- **If they need medical care for bleeding or pain, they don't tell providers they took the pills. Instead, they say they're having a miscarriage.** Providers will still be able to help. There is no way for them to know about the pills unless it's disclosed.
- They use resources like the **Repro Legal Helpline** to determine their legal risk and get free legal support:

FREE Repro Health Legal Support

reprolegalhelpline.org | 844-868-2812

Please re-share
and help spread accurate
info about abortion pills.
www.plancpills.org

