How to use this guide

This guide is meant to help you understand the process before, during, and after your treatment. Please read through this guide in its entirety. We’ll cover the most frequently asked questions about treatment, medication, and what to expect next.

If you have any questions that are not covered, you may contact the our care team at any time by Secure Message in your wisp account.

For non-medical questions, email:

care@hellowisp.com

Check out our resources page for additional information.
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Preparing for Treatment

Create a Plan

Medical abortion is a two-step process that takes 1-3 days. During Step 1 (day 1), you will likely not have any symptoms and can continue your normal activities. During Step 2 (days 2-3), you will have cramping and bleeding. Select a day to take the pills so that step 2 occurs at a time when you can be home. Ideally, choose a window of time when you will be well-rested. Pick a location that is private, comfortable, and equipped with a bathroom.

Once you’ve taken the second medication, bleeding and cramping typically begin within a few hours. The exact amount of time will vary for each individual. Avoid any commitments the day of your treatment and give yourself plenty of time for the treatment to take effect.

Treatment Checklist

Swing by the pharmacy (or buy these online):

- “Super” menstrual pads (not tampons) to help with bleeding
- Heating pad to soothe cramps
- Water, juice, gatorade - drink plenty of fluids
- A light snack, like crackers, may help with nausea
Preparing for Treatment

2 Review for Safety

We recommend reading this guide in its entirety at least once before finalizing your treatment plan. If you have any questions, make sure to reach out to your provider.

Pay special attention to Step 1, Step 2, and Treatment FAQ of this guide and note any questions you may have that are unclear before taking any medication.

Safety Checklist

*Emergency medical help is rarely needed, but it’s always best to know the following:*

- Where is the closest emergency room?
- How will I travel to the emergency room? It is not safe to drive yourself in an emergency.
- What are the signs I may need emergency care? Review the Emergency Resources section.
Step-by-Step Treatment

What’s included in your kit?

- Mifepristone 200 mg (1 tablet)
- Misoprostol 200 mcg (8 tablets)
- Anti-nausea medication
  - Ondansetron ODT (30 tablets)
- Pregnancy test (to be taken 4 weeks after Misoprostol dose)
- Painkiller
  - Generic Advil (24 tablets)
Instructions for taking the pills

1. Take mifepristone and wait 24-48 hours

Mifepristone is an oral-only medication. Place the pill on the back of your tongue and swallow the entire pill with water. Once the medication is ingested, the majority of people feel completely normal. No additional steps are required at this time, and you do not need to avoid any of your usual activities. You may experience some vaginal bleeding once the medication is absorbed, however, it is ok if you do not.

If you throw up within 30 minutes of taking Mifepristone, please contact your doctor. While vomiting is not a common side effect of the pill, there may be other reasons this occurs. If you throw up after 30 minutes, you do not need to contact your doctor as the medicine has already been absorbed.

Plan to take 3 tablets of ibuprofen 2 tablets of anti-nausea medicine 30 minutes before taking misoprostol. This will help to minimize cramps and nausea. Anti-nausea meds may be taken twice daily.

Note: Even if you begin bleeding, you must complete Step 2 for effective treatment.

Plan to begin Step 2 in 24-48 hours. Select a time to begin Step 2 after you have had a full night’s rest and a light meal. You will want to remain comfortable once cramping and bleeding begins.

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Instructions for taking the pills

2 Place 4 misoprostol pills in your mouth (between your cheeks and gums) for 30 minutes

With clean hands, place two tablets of Misoprostol between your upper or lower gum and cheek on each side of your mouth (total of 4 tablets). Set a timer and sit comfortably for 30 minutes. Swallow normally as the pills dissolve in your mouth. Once your timer goes off, swallow what is left of the pills with some water. This medicine causes the uterus to contract and push out the pregnancy tissue. Bleeding and cramping should begin within a few hours.

*Note: You will normally pass the pregnancy within 24 hours of step 2.*
Instructions for taking the pills

Not all patients will need to complete this step. Please consult the following criteria to determine if you need to complete Step 3.

Are you more than 9 weeks pregnant?
If yes, wait 4 hours then complete Step 3.

Are you less than 9 weeks pregnant?
If yes, allow your body 24 hours to cramp and pass the tissue. Move on to Step 3 only if you do not experience bleeding, clotting, and passed tissue within 24 hours of completing Step 2. Keep in mind that if you are early in your pregnancy (6 weeks or less), bleeding may be comparable or less than a typical period.

How will I know if I successfully passed the pregnancy?
A passed pregnancy looks no different than a miscarriage—typically heavy bleeding with some tissue and clotting.
Instructions for taking the pills

3. Repeat the previous step using the 4 remaining misoprostol pills.

With clean hands, place two tablets of Misoprostol between your lower gum and cheek on each side of your mouth (total of 4 tablets). Swallow normally as the pills dissolve in your mouth. After 30 minutes, swallow what is left with a sip of water. Bleeding and cramping should begin within a few hours.
When to use my at-home pregnancy test

1. Wait 4 weeks before using your at-home pregnancy test

24 hours after taking the second medication, misoprostal, mark your calendar or set a reminder to take a pregnancy test in 4 weeks. During this period, your pregnancy symptoms should start to go away, but a pregnancy test will stay positive for up to one month following treatment. It is critical to wait until 4 weeks have passed before using your at-home pregnancy test.
Common symptoms

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Numerous factors can influence your body’s response to medication. Please keep in mind that symptoms and experiences vary from person to person.

Bleeding

Depending on how far along you are in pregnancy, bleeding can be lighter or heavier than a typical period. However, a lighter flow is only common in individuals less than 6 weeks pregnant.

Bleeding may begin within 24 hrs of Step 1. However, heavy bleeding typically begins 4-6 hours after taking the second medication, misoprostol (Step 2), and will likely be accompanied by mild-to-strong cramps. Allow your body a full 24 hours for bleeding to begin.

- Once bleeding begins, expect it to last about 3-24 hours. After 24 hours, bleeding usually becomes lighter.
- A small amount of pregnancy tissue typically accompanies bleeding. The tissue is generally gray and white in color but it may not be noticeable. If you notice any tissue it can be flushed down the toilet.
- Using menstrual pads allows you to clearly monitor the flow of blood throughout the process. Tampons do not allow you to effectively track flow but are fine to begin using once the bleeding begins to lessen.

Note: contact a medical provider if you soak through 2 “super” menstrual pads for multiple hours in a row.

- Spotting and light bleeding is common for 2-3 weeks following treatment and may stop then start again while growing lighter.
- Expect your period to return in 1-2 months (this will vary based on the individual).
Common symptoms

Numerous factors can influence your body’s response to medication. Please keep in mind that symptoms and experiences vary from person to person.

Cramping

Cramping and pain are normal with this treatment and typically begin a few hours after taking misoprostol. Your level of discomfort may vary, but cramp severity will lessen as time passes.

Here are a few strategies to help minimize pain:

- Take a pain-reliever, like Ibuprofen 800 mg (every 8 hours) or Tylenol (every 4-6 hours).
- Drink hot tea or broth.
- Take warm showers.
- Place a heating pad on your abdomen.
- Sit relaxed on the toilet.
- Distract yourself with a conversation, movie, or backrub.
Common symptoms

Numerous factors can influence your body’s response to medication. Please keep in mind that symptoms and experiences vary from person to person.

Headache, fever, and chills
A low grade fever (less than 101 F) is common during the first 24 hours after taking misoprostol. This may be accompanied by headache and chills. Taking a pain-reliever, like Ibuprofen 800 mg (every 8 hours) or Tylenol (every 4-6 hours) will help manage these symptoms.

Breast tenderness and discharge
Breast tenderness is a common symptom of early pregnancy and will resolve once the pregnancy tissue has passed. Consider wearing a softer, more supportive bra for one week, or until symptoms are over.

Nausea, vomiting, and diarrhea
Nausea, vomiting, and diarrhea may occur in the first few days. Nausea may also be related to the pregnancy itself and will decline once the pregnancy tissue has passed.

Mood
It is likely that you will experience a range of moods or emotions, as well as feel physically tired, during and after treatment. This typically relates to hormonal changes and usually lasts for a few weeks. If you feel that your emotional health has not returned, please talk to your doctor.
Common questions

How will I know if treatment is effective?

- Cramping and bleeding are the main effects of treatment. After taking misoprostol, your bleeding should produce a mild to heavy flow (compared to a regular period) and sometimes produce clots and release of tissue.
- Symptoms of pregnancy, like breast tenderness or nausea, will stop within two weeks of treatment. This generally means that you are no longer pregnant.
- Taking a pregnancy test within 4 weeks of treatment is not recommended. Results are much more accurate if you take a test 1 month after treatment.

Do I need to follow up with the doctor?

Our medical team will follow up with you 1-2 weeks after your initial consultation to answer any questions you may have and discuss next steps.

After 4 weeks, our medical team will send you a reminder to take an at-home pregnancy test. Do not take an at-home pregnancy test within 4 weeks of treatment, as the test may return a false-positive result.

Numerous factors can influence your body’s response to medication. Please keep in mind that symptoms and experiences vary from person to person.
What to watch for

Pay close attention to your body’s response to the medication at all times during treatment. While complications are very rare, it is essential that you immediately contact a provider if you meet any of the following criteria.

At any time during treatment:

- You soak through 2 heavy/super menstrual pads for more than 2 hours in a row.
- Experience severe pain in the abdomen or excessive cramping that does not improve after taking pain medication or use of a heating pad.
- Experience pain in the abdomen that is located predominantly on one side of your belly.
- Feel nausea, vomiting, or dizziness that does not stop after 4 hours.
- Have diarrhea, nausea, or weakness that lasts over 24 hours.

After 24 hours of taking misoprostol:

- You have not experienced bleeding, blood clots, or passed tissue.
- Your bleeding and cramping is not slowing down and does not get lighter as time passes.
- You experience a fever of 101 F or above. A mild fever is common during the first 24 hours. If it persists, it may be the sign of an infection. Check your temperature with a thermometer to note if the fever is increasing.
- You begin to feel extremely weak or sick after cramping and bleeding is over.
What to watch for

Pay close attention to your body’s response to the medication at all times during treatment. While complications are very rare, it is essential that you immediately contact a provider if you meet any of the following criteria.

After 1 week of treatment:

- Your bleeding and cramping has not become lighter.
- Your pregnancy symptoms, like breast tenderness and nausea, are the same as before treatment.
- You do not feel confident that you passed your pregnancy.
- You maintain a fever of 101 F or above.
Contact for support

If you have questions at any point before, during, or after treatment, please refer to this treatment guide as a first step. Our medical team is always available to answer any additional questions you may have or connect you with external resources. Complications requiring emergency attention are very rare with this treatment. Most common side effects can be safely managed at home.

### Resource List

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Pregnancy Calculator

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Treatment FAQ

What happens if I change my mind after taking the mifepristone?
It is recommended to be confident in your decision to terminate the pregnancy before starting any of the medications. Once you have started, you should finish the process. If you don’t take the misoprostol, you may still have a miscarriage or have a pregnancy that doesn’t grow properly.

When can I return to my daily activities?
Many individuals feel back to normal following treatment, but for others, it may take a day or two. As soon as you feel physically and emotionally rested, it is ok to resume your normal daily activities. There are no special instructions for returning to work or school, eating, bathing, or exercising. But remember to wait 5 days before using tampons and having sex.

Is there anything special that I need to do afterward?
If the medicine worked, you will have bleeding and cramping that are heavier than a period, often with the passage of blood clots. Within a few days, the symptoms of pregnancy, such as nausea and breast tenderness, will begin to subside and disappear within two weeks.

How will I feel emotionally after the pregnancy termination?
Whether you choose to continue the pregnancy or terminate it, there may be days that you regret your decision. It is normal to have mixed emotions that range from relief and calm to guilt and sadness. You should trust your instincts and feel reassured that you made the best decision for yourself at the time.
When is it ok to begin taking birth control?
There is still a risk of becoming pregnant if you have unprotected sex immediately following treatment. To avoid pregnancy, use a form of contraception, such as a condom, sponge or spermicide. Discuss when to start taking hormonal birth control with your doctor, or schedule a free consultation in your dashboard. Oral birth control options are available [here](#).

Should you experience unprotected sex or contraceptive failure, like a broken condom, you may take emergency contraception (Plan B within 3 days, or ella within 5 days) to avoid becoming pregnant. Both medications are available [here](#).

What should I do if I throw up the mifepristone?
If you throw up the mifepristone within thirty minutes of ingesting it, you should take a second dose of it. If more than thirty minutes has passed, it will be absorbed into your system and you can continue with the misoprostol as scheduled.

What is an ectopic pregnancy?
An ectopic pregnancy is one that develops outside of the uterus. About 1% of all pregnancies are ectopic, most commonly growing in the fallopian tube. A medical abortion will not be effective in treating an ectopic pregnancy. The only way to confirm that you have an ectopic pregnancy is with an ultrasound. If you have severe pain in your abdomen, especially on one side, feel faint, or don’t have bleeding after taking the abortion medicine, you may have an ectopic pregnancy and should seek in-person medical care right away.

How do I know if the abortion was successful?
If the medicine worked, you will have bleeding and cramping that are heavier than a period, often with the passage of blood clots. Within a few days, the symptoms of pregnancy, such as nausea and breast tenderness, will begin to subside and disappear within two weeks.