



# Abortion Timeline

**Misoprostol-Only Abortion**

SELF GUIDED ABORTI●N

Share some of  
the reasons you  
are here today.

Why did you choose abortion?

Why did you choose  
to self-manage your  
abortion with pills?

If you built an altar, please  
take a photo of your abortion  
altar here, if you decide to  
add to our abortion archive,  
you can upload it there later.





### **misoprostol-only abortion**

Misoprostol Only Abortion is at least three doses of misoprostol. Usually this is 4 pills of 200mcg. Misoprostol is taken every 3 hours. Misoprostol should dissolve in the mouth for at least 30 minutes before swallowing. Sometimes more than 3 doses are needed.

### **DAY 1: taking the misoprostal**

#### **TAKE NOTE OF THE FOLLOWING:**



**Where** will misoprostol be taken?



**Pain medications** on hand:

*Take pain medications one hour before taking your misoprostol. Ibuprofen is best for over the counter pain medications.*



How many **hours** after taking the **first dose** of misoprostol did you bleed?



## Misoprostol-Only Abortion

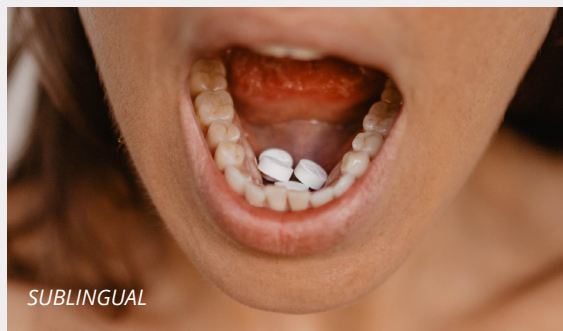
Which type of administration?	DOSE 1	DOSE 2	DOSE 3	DOSE 4 (if applicable)
Under the tongue, dissolved for 30 minutes and then swallowed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tucked into the cheek, dissolved for 30 minutes and then swallowed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vaginally	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

TIME TAKEN	TIME TAKEN	TIME TAKEN	TIME TAKEN
<input type="radio"/> AM <input type="radio"/> PM	<input type="radio"/> AM <input type="radio"/> PM	<input type="radio"/> AM <input type="radio"/> PM	<input type="radio"/> AM <input type="radio"/> PM

**NOTE:**

- If you live in a country where abortion is illegal, it is not advised to use the vaginal route. If you need medical assistance misoprostol cannot be detected when dissolved in the mouth, but remnants of misoprostol can be detected by medical professionals days after administration.
- If you vomit the misoprostol within 30 minutes of taking it, you may need a repeat dose. If the misoprostol was well dissolved in your mouth for 30 minutes, and you vomit after, you should be ok, but monitor your body. If you do NOT start bleeding, you may need a repeat dose of misoprostol to start the bleeding.
- misoprostol CAN be detected days after if inserted vaginally



## Misoprostol-Only Abortion

### blood

## What time did the bleeding begin?

**NOTE:** Bleeding can last for up to **two weeks or more** after an abortion.

Please continue tracking until it has stopped.

Describe your  
blood flow

START:

HOURL 2

HOURL 4:

HOURL 6:

**DAY 1:**

Light  
Moderate  
Strong

☐  
☐  
☐☐  
☐  
☐☐  
☐  
☐☐  
☐  
☐

Notes, and Observations

**DAY 2:**

Light ☐  
Moderate ☐  
Strong ☐



Notes, and Observations

**DAY 3:**

Light ☐  
Moderate ☐  
Strong ☐

**DAY 4:**

Light ☐  
Moderate ☐  
Strong ☐

**DAY 5:**

Light ☐  
Moderate ☐  
Strong ☐

**DAY 6:**

Light ☐  
Moderate ☐  
Strong ☐

**DAY 7:**

Light ☐  
Moderate ☐  
Strong ☐

**blood**

Are you concerned about your bleeding? Are you passing large blood clots? Are you soaking several pads? Do you notice any patterns with your bleeding over these weeks?

**DAY 8:**      Light ☐  
                 Moderate ☐  
                 Strong ☐

**DAY 9:**      Light ☐  
                 Moderate ☐  
                 Strong ☐

**DAY 10:**      Light ☐  
                 Moderate ☐  
                 Strong ☐



Notes, and Observations

**NOTE:** Bleeding can last for up to **two weeks or more** after an abortion. Please continue tracking until it has stopped.







## Passing of the Pregnancy

What time did the pregnancy pass?:

Description of what happened when the pregnancy passed & what you observed about the products of conception:

Describe how you disposed of the products of conception:

- toilet
- bury in the ground
- burn
- put in a body of water

We invite you to take a photo of your fetus to add your story and experience to the abortion archive if you so choose. Your voice will help other women better understand what is normal (or abnormal) as they walk through their own self-guided abortion

## day 1 hour 10:

**Describe your Blood flow**

- ☐ Light
- ☐ Moderate
- ☐ Strong



**Notes, and Observations**

## Day 4-10 and beyond: Recovery after abortion

### day 4

How do you feel in your body?

\* Describe any unusual smells or discharge:

Describe your blood flow in the days following the passing of the pregnancy:

### day 5 - 10

**Answer each question each day.** These don't all have to be written down, but keeping a journal can help you identify potential early warning signs and help you communicate to your health care provider when symptoms arose.

How do you feel in your body?

\* Describe any unusual smells or discharge:

Describe your blood flow in the days following the passing of the pregnancy:

#### NOTE:

\* Strange smells or unusual discharge are signs of infection and should be addressed by a medical professional. Other signs of infection include a fever, chills, or flu-like symptoms in the days following an abortion. If pain increases after the pregnancy has passed, seek immediate medical attention.

If you are passing large blood clots and bleeding extensively, even without the presence of an infection, or fever, you could be experiencing some retention of the pregnancy which could require medical intervention. For more information on how to access emergency care please see the section on "danger signs" in this course.

