

## **Self-Managed Abortion Checklist**

**Step 1: Confirm Your Pregnancy** - Take a reliable pregnancy test. - Estimate gestational age (weeks since last period).

**Step 2: Check Eligibility** - Safe for pregnancies up to 12 weeks (consult a provider if later). - Ensure no medical conditions that may complicate abortion.

**Step 3: Obtain Pills Safely** - Use verified telehealth or licensed pharmacy. - Avoid unverified sources.

**Step 4: Take Medication** - **Mifepristone first** (if available) as instructed. - **Follow with Misoprostol** as per dosage instructions.

**Step 5: Monitor Symptoms** - Expect bleeding and cramping. - Track severity and duration.

**Step 6: Know Warning Signs** - Heavy bleeding (soaking >2 pads/hour for 2+ hours) - Fever or foul-smelling discharge - Severe unmanageable pain

**Step 7: Follow-Up** - Confirm abortion completion with a pregnancy test or healthcare provider. - Seek medical help if complications arise.

**Step 8: Emotional Support** - Access counseling or support groups if needed. - Keep contact info for a trusted healthcare provider.