

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.