


Sam's Medication Abortion



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Hi, my name is Sam.

When I'm not at work teaching third-graders, you can find me trying to read and cook at the same time, gardening, or hanging with my fam.

I'm always on the move, but I wanted to take a minute to tell you my abortion story.



Last month I found out that I was pregnant. I knew something wasn't right when I missed a couple of periods.

OH NO



I was freaking out a little, because I knew that I couldn't be pregnant now.

IT'S BEEN 8 WEEKS SINCE MY LAST PERIOD...



I called my friend Casey for support, and they told me that they had a medication abortion 2 years ago.



Casey just took 5 pills at home.



That was it!

I was nervous, but the steps were pretty simple.



I chose a time after I slept well, drank a lot of water, and ate a good meal.



I first took 1 pill called mifepristone, which blocks the hormone progesterone. That's the hormone that causes a pregnancy to grow.



I felt a little queasy after that pill.



6 - 72 hours after you take the first pill, you can take the 4 misoprostol pills.

Those pills cause cramping and bleeding, which empties the uterus.



I took 4 200-mg ibuprofen pills 1 hour before taking the misoprostol pills, to help me with the cramping.



You can take the misoprostol pills 2 ways: either you put them in your cheeks and let them dissolve for 30 minutes or you put them in your vagina. I put them in my vagina.



Then I lay in bed for 30 minutes while my body absorbed the pills.



After 30 minutes, I went to the living room to watch some TV with my roommate.

My roommate was so caring and made sure to keep the hot packs and cups of tea coming.



3 hours after inserting the misoprostol pills, I had heavy bleeding and bad cramps.

OWWW

There were some clots with the bleeding. I read that this is totally normal.

As expected, I also had nausea, chills, and some diarrhea (the worst!), but all of this went away after a few hours.

The heavy bleeding lasted for 4 hours. Later that day, I took more ibuprofen and used the heating pad.



I bled lightly for about a week and a half, but Casey had told me to expect this, so I wasn't worried.



I was SO relieved when it was all over. I went back to work, hung out with my friends, and debated whether or not to adopt a kitten.

Casey told me that I might have shifting moods after the abortion: relief, sadness, etc.

They said that this was normal, but that if something didn't feel right I should call my clinician for support.



I also read that, very rarely, some folks need urgent help during a medication abortion. You should call your clinician if:

You bleed through more than 2 maxi pads per hour for 2 hours in a row,




You do not bleed at all within 24 hours of taking the misoprostol pills,



Or you start to feel very ill after the heavy cramping and bleeding is over.





Pills were the right choice for me.

Abortion is safe and won't lower my chances of getting or staying pregnant in the future—if that's what I decide to do.



To learn more about abortion, birth control, or early pregnancy loss, check out the **Reproductive Health Access Project** website (reproductiveaccess.org) or refer to our Learning Guide.



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