



Abortion by Mail



Call (877) 883-7264 for urgent clinical questions.

www.fpawomenshealth.com

ABORTION BY MAIL

The information in this guide will help you learn what to expect when choosing abortion by mail so you can make an informed decision about your medical care. Follow this guide precisely when terminating a pregnancy using prescribed medication and remote consultation with your FPA clinician.

WHAT IS MIFEPRISTONE?

Mifepristone is used in a regimen with another prescription medicine called misoprostol to end an early pregnancy. Early pregnancy means it is 70 days (10 weeks) or less since your last menstrual period began. Mifepristone blocks a hormone needed for your pregnancy to continue. When you use Mifepristone on Day 1, you also need to take another medicine called misoprostol 24 to 48 hours after you take Mifepristone, to cause the pregnancy to pass from your uterus.

When the pregnancy passes from the uterus, you will have bleeding and cramping that will likely be heavier than your usual period. About 5 out of 100 women taking Mifepristone will need a surgical procedure because the pregnancy did not completely pass from the uterus or to stop bleeding.

WHO SHOULD NOT TAKE MIFEPRISTONE TABLETS?

Do not take Mifepristone if you:

- have irregular periods (If your periods are not regular the gestational age may not be accurately estimated by your clinician)
- have a pregnancy more than 70 days (10 weeks): if you are beyond 10 weeks pregnant, the pills might not work or they might be unsafe to take
- are using an IUD (intrauterine device or system): it must be taken out before you take Mifepristone
- have a pregnancy outside the uterus (ectopic pregnancy)
- have problems with your adrenal glands (chronic adrenal failure)
- take a medicine to thin your blood
- have a bleeding problem
- take certain steroid medicines
- are allergic to mifepristone or misoprostol

FIRST PREGNANCY TEST

Take this test at home BEFORE you take any of the other medication. Remove the test disk from the foil pouch and place it on a flat, dry surface. Holding the sample dropper tip about 1 inch above the test disk, squeeze two drops of your urine into the sample well. Set an alarm to interpret the test results between 10 to 15 minutes. If you interpret the result before 10 minutes or after 15 minutes the result may be inaccurate.

- TWO purple color bands is a NEGATIVE result
- ONE purple color band is a POSITIVE result
- If there is no color band, this test is INVALID.

If you have any questions about your result, please take a picture and we are happy to help you interpret the result.

If your test is POSITIVE, you may proceed with the medication abortion as instructed by your clinician.

If your test is NEGATIVE, do NOT proceed with taking the medication abortion and make an appointment to be seen by a clinician in an FPA office.



HOW TO TAKE MIFEPRISTONE AND MISOPROSTOL:

- When you are sure you are ready to start the abortion, take 1 Mifepristone tablet by mouth. After you take this pill you cannot change your mind or reverse the abortion procedure.
- 24–48 hours after taking Mifepristone take the Misoprostol. This timing is important – the medication abortion has a higher risk of failure if you take the Misoprostol too soon or too late. Have a snack or light meal and take your pain medicine (Ibuprofen 800mg) by mouth if you are not allergic.
- Then take the Misoprostol, all 4 at once, 2 tucked in to each cheek to dissolve. If after 30 minutes the pills have not dissolved, you may swallow them.
- Expect severe cramping and heavy bleeding to begin, either immediately or within the next few hours. Misoprostol often causes nausea, diarrhea, and a mild fever.
- Your activities should be restricted for 2 weeks. Do not put anything in your vagina; no tampons or intercourse. Do not perform vigorous exercise or heavy lifting during these 2 weeks.

FIRST FOLLOW-UP TELEHEALTH ASSESSMENT AT DAY 7:

- You must follow up with your clinician about 7 days after you have taken Mifepristone to be sure you are well and the pregnancy has passed from your uterus.
- If your pregnancy continues after taking a medication abortion, there is an increased risk of birth defects. If you are still pregnant, your clinician will talk with you about a surgical procedure to end your pregnancy.

SECOND FOLLOW-UP TELEHEALTH ASSESSMENT AT DAY 14:

Take the second pregnancy test before your second follow up Telehealth visit with your clinician. If this test is **NEGATIVE** (TWO purple color bands) **AND** your pregnancy symptoms have resolved, you can be reassured that the medication abortion worked and you are no longer pregnant. Please take a picture of the test between 10-15 minutes to show your clinician during your second follow up visit.



BE SURE TO CONTACT YOUR CLINICIAN PROMPTLY IF YOU HAVE ANY OF THE FOLLOWING:

Heavy Bleeding. Contact your healthcare provider right away if you bleed enough to soak through two thick full-size sanitary pads per hour for two hours in a row or if you are concerned about heavy bleeding.

No Bleeding: It is concerning if you have no vaginal bleeding within 24hrs after taking Misoprostol. If you are not bleeding, this means the pills are not working or that you might have an ectopic pregnancy.

Abdominal Pain or “Feeling Sick.” If you have abdominal pain or discomfort, or you are “feeling sick,” including weakness, nausea, vomiting, or diarrhea, with or without fever, more than 24 hours after taking misoprostol, you should contact your health care provider without delay. These symptoms may be a sign of a serious infection or another problem such as an ectopic pregnancy. An ectopic pregnancy is a pregnancy outside the womb.

Fever. In the days after treatment, if you have a fever of 100.4°F or higher that lasts for more than 4 hours, you should contact your health care provider right away. Fever may be a symptom of a serious infection or another problem.

Call (877) 883 -7264 for 24 hour Nurse Advice

IF YOU HAVE QUESTIONS, PLEASE CALL US. IF YOU CHOOSE TO GO TO THE NEAREST HOSPITAL OR EMERGENCY ROOM, TAKE THIS GUIDE TO MEDICATION ABORTION WITH YOU.

When you visit an emergency room or a clinician who did not give you your Mifepristone you should give them this guide so that they understand that you are having a medication abortion with Mifepristone.

WHAT TO DO IF YOU ARE STILL PREGNANT AFTER MIFEPRISTONE WITH MISOPROSTOL TREATMENT.

There is a 5% chance the pills will not be successful. If you are still pregnant, your clinician might recommend a surgical procedure to end your pregnancy. In many cases, this surgical procedure can be done in an FPA Women's Health affiliated office. If you decide not to travel to an FPA Women's Health doctor or office, you will be responsible for any additional clinical services or associated cost. Misoprostol can cause serious birth defects if a pregnancy were to continue after use of this

WHEN SHOULD I BEGIN BIRTH CONTROL?

You can become pregnant again right after your pregnancy ends. If you do not want to become pregnant again, start using birth control as soon as your pregnancy ends or before you start having sexual intercourse

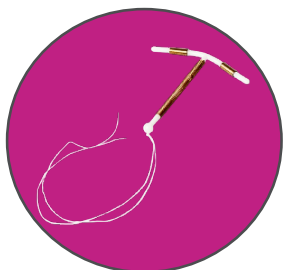


WHAT TO EXPECT AT YOUR FOLLOW UP TELEHEALTH VISIT:

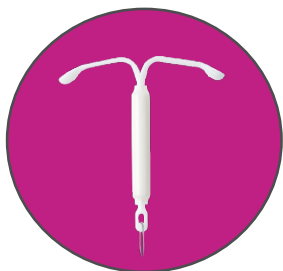
At your follow up visit, you will be evaluated to determine if the abortion was successful and that you are healing well.

Your body returns to fertility immediately after a medication abortion. If you would like to prevent pregnancy in the future, at FPA Women's Health we can offer you the full spectrum of birth control options. We recommend the safest and most effective methods called LARC, Long Acting Reversible Contraception such as the IUDs and the Implant.

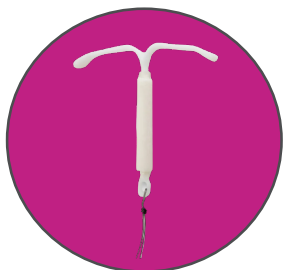
If you are interested, please discuss with your clinician so that you can decide together which method is best for you.



PARAGARD - A small, *non-hormonal* T-shaped device that is inserted into the uterus to prevent pregnancy, lasting up to 10 years.



MIRENA - A small, hormonal T-shaped device that is inserted into the uterus to prevent pregnancy, lasting up to 7 years.



KYLEENA - A smaller hormonal T-shaped device that is inserted into the uterus to prevent pregnancy, lasting up to 5 years. It also has a very, very low hormone level.



NEXPLANON - Hormones to prevent pregnancy are delivered from a small rod that is inserted under the skin of the arm, lasting 3 years.



DEPO-PROVERA - A progestin only medication that is injected in the arm or hip every 3 months to prevent ovulation and subsequent pregnancy.



VAGINAL RING - A small, flexible ring that is placed in the vaginal canal by the patient every 4 weeks to allow hormones to be absorbed into the body.



PATCH - A patch releases hormones to be absorbed through the skin to prevent fertilization of an egg.



PILLS - A pill that is taken by mouth on a daily basis to prevent both fertilization of an egg and implantation of a pregnancy.

Locations

LOS ANGELES

DOWNEY

(562) 862-5121

8635 Firestone Blvd Suite 100
Downey, CA 90241

EAST LA

(323) 201-9343

4922 Whittier Blvd
East Los Angeles, CA 90022

INGLEWOOD

(323) 987-8879

301 N. Prairie Ave Suite 611
Inglewood, CA 90301

LONG BEACH

(562) 595-5653

2777 Long Beach Blvd Suite 200
Long Beach, CA 90806

LOS ANGELES

(213) 738-7283

601 S Westmoreland Ave
Los Angeles, CA 90005

POMONA

(909) 626-2463

1996 Indian Hill Blvd
Pomona, CA 91767

SANTA MONICA

(310) 820-8084

12304 Santa Monica Blvd
Suite 116
Los Angeles, CA 90025

TORRANCE

(310) 373-1042

24241 Hawthorne Blvd Suite 201
Torrance, CA 90505

WEST COVINA

(626) 572-8800

501 S Vincent Ave Suite 205
West Covina, CA 91790

ORANGE COUNTY

SANTA ANA

(657) 859-5463

1901 N Tustin
Santa Ana, CA 92705

CENTRAL VALLEY

BAKERSFIELD

(661) 633-5266

2500 H Street
Bakersfield, CA 93301

FRESNO

(559) 233-8657

165 N Clark Street
Fresno, CA 93701

ANTELOPE VALLEY

LANCASTER

(661) 371-2629

43845 W 10th St Suite 1E
Lancaster, CA 93534

SAN FERNANDO VALLEY

CANOGA PARK

(818) 444-9870

7023 Owensmouth Ave
Canoga Park, CA 91303

GLENDALE

(818) 502-1341

425 East Colorado Suite 420
Glendale, CA 91205

MISSION HILLS

(818) 893-6949

10200 Sepulveda Blvd Suite 200
Mission Hills, CA 91345

VENTURA COUNTY

OXNARD

(805) 822-5879

1700 Lombard St Suite 110
Oxnard, CA 93030

SAN DIEGO

EL CAJON

(858) 547-7100

1625 E. Main St Suite 202
El Cajon, CA 92021

INLAND EMPIRE

CORONA

(951) 637-2100

703 Magnolia Ave
Corona, CA 92879

SAN BERNARDINO

(909) 885-0282

855 E Hospitality Ln
San Bernardino, CA 92408

TEMECULA

(951) 296-0454

29645 Rancho California Rd Suite 237
Temecula, CA 92591

NORTHERN CALIFORNIA

BERKELEY

(510) 899-7099

2915 Telegraph Ave Suite 101
Berkeley, CA 94705

MODESTO

(209) 578-0443

2030 Coffee Road Suite A1
Modesto, CA 95355

SACRAMENTO

(916) 483-2885

2322 Butano Dr Suite 205
Sacramento, CA 95825

SAN JOSE

(408) 240-2614

2100 Forest Ave Suite 108
San Jose, CA 95128



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