

Medication Abortion Kit

It is recommended you read this entire leaflet before beginning Step 1 of the medication process. Check the expiration date on the package before beginning.

What this leaflet covers:

- A. What is MiMi?**
- B. What is this medication for?**
- C. How does MiMi work?**
- D. How many weeks pregnant can I be to use MiMi?**
- E. When not to use MiMi**
- F. Should I talk to a doctor before using MiMi?**
- G. How should I use MiMi?**
- H. How effective is MiMi?**
- I. What kind of symptoms should I expect?**
- J. When should I talk to a doctor after using MiMi?**
- K. How will I know the medication worked?**
- L. Other questions you may have**

The medications in MiMi are represented with the following symbols:

● : mifepristone

■ : misoprostol

What is inside this package?

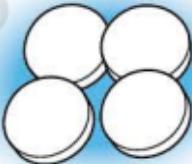
Inside this package you will find:

- 1 mifepristone ● pill (200 mg)
- 8 misoprostol ■ pills (1 dose = 4 pills, 800 mcg)
- 1 urine pregnancy test

1 mifepristone ● pill



8 misoprostol ■ pills



1 urine pregnancy test



Please read all of the instructions under “How should I use MiMi?” before starting the medications.

A. What is MiMi?

MiMi involves taking two medications (mifepristone 200 mg  and misoprostol  800 mcg) which cause an abortion early in pregnancy (up to 10 weeks of pregnancy). Some people may need to take an additional dose of misoprostol  800 mcg. Carefully read these instructions to know if you should take the additional dose.

B. What is this medication for?

To end a pregnancy or cause an abortion, often called medication abortion. These pills are not the same as emergency contraception (like Plan B One-Step* or ella*), which are used to prevent a pregnancy. Emergency contraception does not cause an abortion.

C. How does MiMi work?

Mifepristone  blocks a hormone called progesterone which is needed for the pregnancy to continue. Misoprostol  causes the pregnancy to be passed from the uterus and come out through the vagina.

D. How many weeks pregnant can I be to use MiMi?

Anytime during the first 10 weeks of pregnancy. You can use it as soon as you have a positive pregnancy test up until you are 10 weeks (70 days) pregnant.

E. When not to use MiMi

Do not use MiMi if you:

- are more than 10 weeks (70 days) pregnant
- have missed more than 2 periods since you got pregnant
- are allergic to mifepristone  or misoprostol 
- got pregnant while using an IUD (intrauterine device)
- take a medicine to thin your blood (anticoagulant)
- take steroid pills (such as prednisone)
- have ever had, or currently have, a pregnancy outside the uterus (ectopic pregnancy)
- have had surgery on your fallopian tubes, or had your tubes tied
- have been told by a doctor or other health care provider that you have:
 - a bleeding disorder (a condition where your blood does not clot normally)
 - problems with your adrenal glands (chronic adrenal failure)
 - a disease called porphyria

F. Should I talk to a doctor before using MiMi?

Ask a doctor or other health care provider before use if you:

- are unsure if you are less than 10 weeks pregnant
- have had a blood transfusion for severe anemia in the past year
- have had unexplained bleeding during this pregnancy
- want more information about your options for continuing or ending this pregnancy

People with other medical conditions or taking other medications can generally use MiMi. If you have questions about whether MiMi is right for you, talk to a health care provider.

G. How should I use MiMi?

MiMi is a 4-step process:

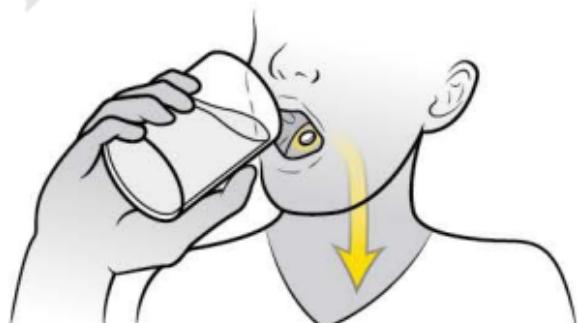
- 1) Take 1 mifepristone  pill.
- 2) Take 4 misoprostol  pills 24-48 hours later. Some people will need to take an additional 4 misoprostol  pills. Read **Step 2b** below for more information.
- 3) Monitor your symptoms over the next 3-4 weeks.
- 4) Take a pregnancy test 4 weeks after taking mifepristone .

Read Steps 1-4 below before you start taking the medications.

STEP

1

Swallow 1 mifepristone  pill with water.



STEP

2a

24-48 hours later, place 4 misoprostol  pills between your gums and cheeks.

It is up to you at what point during that time frame you take the misoprostol .

The misoprostol  may not work if you take it before 24 hours or later than 48 hours after mifepristone .



When you take the 4 misoprostol  pills, place 2 on the bottom left side of your mouth between your gums and cheek and 2 on the bottom right side. Keep the pills there for up to **30 minutes** while they dissolve, then swallow anything that remains with water. You should not eat or drink anything while the misoprostol  is dissolving.

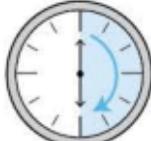
Place pills



Close mouth



Wait 30 min



Swallow what remains



STEP

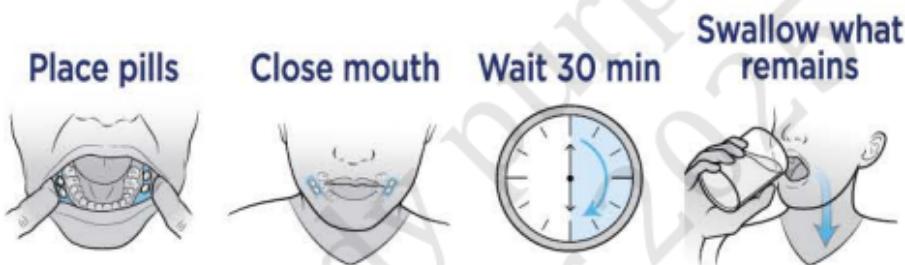
2b

Additional dose of misoprostol ■ (if needed)

4 hours after taking the first 4 misoprostol ■ pills, take the additional 4 misoprostol ■ pills **if you:**

- are **more than 8 weeks pregnant**, OR
- have had **no bleeding or only light bleeding**

Take the additional 4 misoprostol ■ pills the same way you took the first 4 misoprostol ■ pills (see Step 2a).



If you do not take the additional dose of misoprostol ■, keep the pills until you are sure the abortion is complete (see Step 4) in case a health care provider instructs you to take them.

It is safe to take the additional dose of misoprostol ■. The additional dose may increase the chance that the pills will cause a complete abortion. The additional dose may cause more symptoms like nausea, diarrhea, and cramping.

How do I know if I need to take the additional dose of misoprostol ■?

How many weeks pregnant are you? If you are **more than 8 weeks pregnant**, you should take the additional dose 4 hours after taking the first dose.

Monitor your bleeding after taking the first dose. If you are less than 8 weeks pregnant, but you **have no or only light bleeding after taking the first dose**, you should take the additional dose 4 hours after taking the first dose.

Light bleeding can range from spotting to a light menstrual period. If you do not experience bleeding similar to or heavier than your flow on an average day of your period within 4 hours of taking the first dose of misoprostol ■ you should take the additional dose.

STEP

3

Monitor your symptoms over the next 3-4 weeks (see "What kinds of symptoms should I expect?" for details). If you have symptoms of pregnancy, such as nausea or breast tenderness, they should go away in about 7 days.

See step 4 on other side.

Write in the times you plan to do each step (optional):

STEP 1	Swallow 1 mifepristone  pill	Date: _____ Time: _____ AM/PM
STEP 2a	Place 4 misoprostol  pills between gums and cheeks 24-48 hours after mifepristone 	Date: _____ Time: _____ AM/PM
STEP 2b	(If needed) Place 4 additional misoprostol  pills between gums and cheeks 4 hours after the first 4 misoprostol  pills	Date: _____ Time: _____ AM/PM
STEP 3	Monitor symptoms Over the next 3-4 weeks	Symptoms: _____ _____ _____
STEP 4	Use the pregnancy test 4 weeks after mifepristone 	Date: _____ Time: _____ AM/PM Result of test: _____

TEAR HERE -----

The following are signs the abortion is successful:

- **Cramping or pain** stronger than a menstrual period
- **Bleeding** heavier than a menstrual period
- Symptoms of pregnancy, such as nausea or breast tenderness, disappear within 1 week after taking mifepristone

See “**What kinds of symptoms should I expect?**” and “**When should I talk to a doctor after using MiMi?**” for more information on the symptoms of MiMi.

Tear off this page and keep as a reminder for when to complete each step

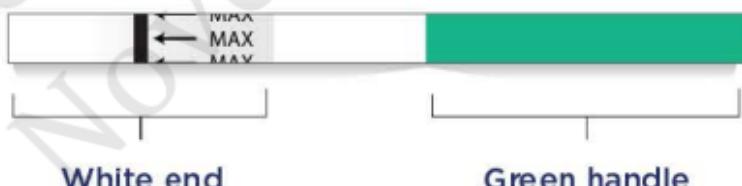
STEP

4

Use the home urine pregnancy test in the package **4 weeks** after taking mifepristone  to confirm the medications worked.

How to use the pregnancy test:

- Hold the pregnancy test by the green handle and point the white end of the strip downward.
- Place the white end in your urine stream (pee on it) for about 10-15 seconds until thoroughly wet. Or, you can collect your urine into a clean cup and dip half of the white end into the urine for at least 15 seconds.
- Wait 5 minutes to read the result.

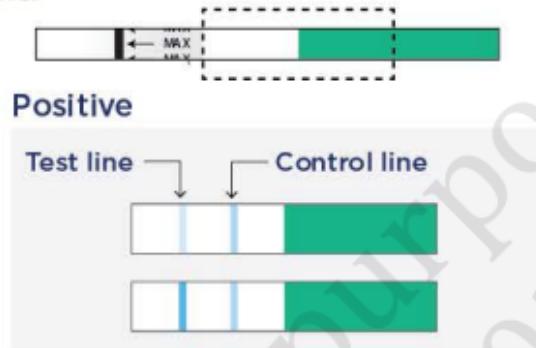


How to read the pregnancy test:

The test can show two lines:

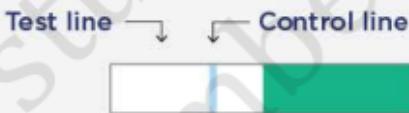
1. The control line to make sure the test worked.
2. The test line that shows a positive result.

A positive test result has two lines. Even if the test line is very faint, it is a positive result. Any test line at all, no matter how faint, is a positive test result.



If only the control line shows up, the test is negative.

Negative



It can take 4-5 weeks for pregnancy hormones to leave your body. If the test is positive, you should contact a health care provider to discuss next steps, including whether to take another pregnancy test. Even if the test is positive, it is possible the abortion worked. See "How will I know the medication worked?" for more information.

If you do not take the medications as instructed, they may be less effective. Talk to a health care provider if you have questions about how you took the medications.

H. How effective is MiMi?

MiMi is very effective when taken as directed. About 3 out of 100 users will need to follow up with an in-clinic procedure (vacuum aspiration) to complete the abortion. See “When should I talk to a doctor after using MiMi?” for more information.

What kinds of symptoms should I expect?

- I. You may experience any of these **normal** symptoms, which mean the medications are working:
 - **Cramping or pain** that is stronger than a menstrual period. Cramping or pain usually starts between 30 minutes to 4 hours after taking misoprostol ■ and may continue for several days.
 - **Bleeding** that is heavier than a menstrual period, including with blood clots (up to the size of a lemon) and possibly light-colored tissue. Bleeding can start as soon as 30 minutes after taking misoprostol ■ . Lighter bleeding may continue for up to 2 weeks.
 - Using pads for the first few days can help you see how much you are bleeding. You can also use tampons or a menstrual cup.

J. When should I talk to a doctor after using MiMi?

Talk with a health care provider or seek medical help immediately if you have any of these **rare** symptoms:

- **No bleeding**

- If **24 hours** have passed since you finished the misoprostol  and you have had no bleeding or only light bleeding, this may be a sign of ectopic pregnancy or that the pregnancy is continuing to grow.

- **Too much bleeding**

- Heavy bleeding: Soaking through 2 full-size pads per hour for 2 hours in a row. Passing several blood clots larger than a lemon is also a sign of heavy bleeding.
- Prolonged bleeding: Bleeding heavier than your period that continues for more than 2 weeks, or light bleeding that continues for more than 4 weeks after taking MiMi.

- **Severe pain** that does not get better with pain medication. This may be a sign of ectopic pregnancy or infection.

- **Feeling sick** with several symptoms (such as pain, nausea, vomiting, diarrhea, or weakness) more than 24 hours after taking misoprostol  may be a sign of infection.

- **Fever.** If you have a fever of 100.4°F (or 38.0°C) or higher that lasts for more than 4 hours, this may be a sign of infection.

- **A positive pregnancy test 4 weeks after taking MiMi.** This often means that it is taking a little longer for the pregnancy hormones to leave your body, but it may be a sign that the pregnancy is continuing to grow.

- These symptoms usually last for about a day after misoprostol ■ (see below for guidance on over-the-counter medications to help manage these side effects):
 - Nausea and vomiting
 - Diarrhea
 - Weakness
 - Headache
 - Dizziness
 - Mild fever or chills
- **Nausea and vomiting are normal.** If you vomit within 30 minutes after taking mifepristone ●, you may not have absorbed the medication and will need to obtain another mifepristone pill to take again. It is ok if you vomit after taking misoprostol ■ because the medication gets absorbed directly through your cheeks.
- If you take the additional dose of misoprostol ■, some of the side effects listed above (including nausea, vomiting, diarrhea, weakness, headache, dizziness, mild fever, or chills) may last longer.

Over-the-counter medications that can be used to manage **normal symptoms (follow over-the-counter directions for each medication)**

Medication	Use
Ibuprofen (Motrin®, Advil®)	For cramping, pain, or fever
Acetaminophen (Tylenol®)	For cramping, pain, or fever (not as effective for cramping as ibuprofen)
Diphenhydramine (Benadryl®) or Dimenhydrinate (Dramamine®)	For nausea or vomiting (can also make you feel sleepy and relaxed)

If over-the-counter medications do not help your symptoms, talk with a health care provider.

K. How will I know the medication worked?

You will know the medications worked if:

- you experience the **normal** symptoms of MiMi
- your pregnancy symptoms go away about 1 week after taking mifepristone 
- the pregnancy test you take 4 weeks after taking mifepristone  is negative.
- If you take the test sooner than 4 weeks after taking mifepristone  , it is more likely the test will be positive, even if the abortion is complete. If the test is positive at 4 weeks, you should talk with a health care provider.

If you think the medications did not work, contact a health care provider. Other ways to know if the medications worked include seeing a health care provider for a test to check the level of pregnancy hormone in your blood, or having an ultrasound.

L. Other questions you may have

Is there an age limit to use MiMi?

No. People of any age who are pregnant at 10 weeks or less can use MiMi.

Is there a weight limit to use MiMi?

No. It is recommended for people of all sizes to use the same dosing of MiMi.

Can I swallow the mifepristone and remaining misoprostol (after 30 minutes) with something other than water?

Yes. You can drink any beverage to help swallow the medications.

Do I need an ultrasound before using MiMi?

Most people do not need an ultrasound before using MiMi. You should see a health care provider, who may perform or recommend an ultrasound, if you:

- are unsure if you are less than 10 weeks pregnant
- have ever had, or currently have, a pregnancy outside the uterus (ectopic pregnancy), or have any of the following risk factors for ectopic pregnancy:
 - got pregnant while using an IUD (intrauterine device)
 - have had surgery on your fallopian tubes, or had your tubes tied
 - have had unexplained bleeding during this pregnancy

Do I need to know my blood type before using MiMi?

No. It is no longer recommended to test whether your blood type is Rh-positive or Rh-negative before having a medication abortion. If you have questions, talk with your health care provider.

How soon can I start having sex again after using MiMi?

You can start having sex again whenever you feel ready.

How soon can I get pregnant after using MiMi?

You can get pregnant as early as 2 weeks after taking mifepristone  , even before your period returns.

When can I start using contraception after using MiMi?

You can start the birth control pill, patch, or ring on the day you take misoprostol  . Talk to a health care provider about when you can start other options (IUD, injection, or implant).

What are my other options for having an abortion?

If you are not sure if this medication is right for you, another option is visiting a clinic. You may be able to get medication abortion or an in-clinic procedure (vacuum aspiration) at a clinic. For help finding a clinic near you, visit www.ineedana.com or www.abortionfinder.org

Is it okay to have more than one abortion?

Yes. About half of people who have an abortion will have more than one abortion in their lifetime. MiMi is safe. Having one or more medication or procedure abortions will not impact your long-term health or ability to get pregnant in the future.

What if I still have questions?

If you have questions or need more information, please contact the clinic where you are receiving care.

Do not use if the package or blister seal is opened. Store at room temperature 20°C - 25°C (68°F - 77°F).

Do not put in refrigerator or freezer.

Do not use if it is past the expiration date on the package.

Active ingredients:

Mifepristone  200 mg

Misoprostol  1600 mcg

Inactive ingredients:

Mifepristone  : colloidal silica anhydrous, corn starch, magnesium stearate, microcrystalline cellulose, and povidone.

Misoprostol  : hydrogenated castor oil, hypromellose, microcrystalline cellulose, and sodium starch glycolate.