

AS OF **July 13, 2022**,
ABORTION
is
LEGAL IN NEBRASKA

But it may not
be for long.

- Consider data tracking + privacy- accessing information could become criminalized too. Encrypted communication services like Signal, Protonmail, + Keybase are safer.
- Information can be shared offline- like this zine! Talking, sharing resources, + building community is imperative.
- Abortion medication can be purchased now, for future need. Mifepristone has a shelf life of 5 years, Misoprostol 2. Like many medications, they may be effective even longer.

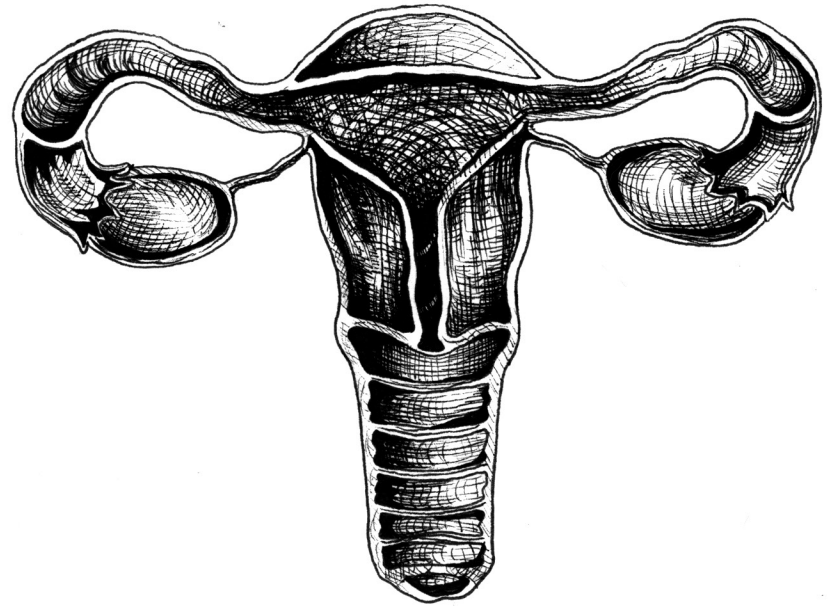
Do It

Yourself!

• Advocacy for comprehensive sex education in schools is important! Amaze.org + Advocates for youth.org are resources for young people + parents.



Self-Managed ABORTION



information from
WORLD HEALTH ORGANIZATION



NEED HELP?



www.AbortionPillInfo.org

Precautions Before using medications for home abortion care, a person should understand these seven basic precautions:

- **Confirm pregnancy** - Confirm that they are in fact pregnant with a urine test (most accessible) or ultrasound.
- **Calculate length of pregnancy** - They should be sure that they are less than 12 weeks (84 days) pregnant.
 - A person will need to identify the first day of their last menstrual period (LMP) and start counting up from that day until today.
- **Call-in support** - A person should arrange to have a close friend, family member or loved one with them. It is important to have someone trusted close by for emotional support and in case of complications.
- **Make a plan** – items and arrangements for low-stress:
 - Ibuprofen and anti-nausea medicine can be bought ahead of time (so that the pills aren't vomited up, as nausea is a pregnancy related symptom)
 - The person should have menstrual pads on hand
 - If needed, it's helpful to arrange childcare and other tasks ahead of time so the person can rest at home.
- **Contraindications** – Most illnesses are not a contraindication for medical abortion. However some conditions and serious illnesses can create problems because of the heavy blood loss involved.
 - The person should not have an IUD
 - Cease alcohol (which can thin the blood) use for 24 hours.
 - This protocol should not be use be persons with severe anemia or hemophilia.

RESOURCES:

- www.abortionpillinfo.org | Including Euki app (encrypted period tracker)

• www.womenhelp.org/information

• <https://www.plancpills.org/>

• www.howtouseabortionpill.org

• Miscarriage & Abortion Hotline:
www.mahotline.org | 1-800-246-2632

• <https://www.reprolegalhelpline.org/self-managed-abortion-and-the-law/>
1-844-868-2812

• gynuity.org (studies)

• <https://hackinghustling.org/>



SHARING INFORMATION ON SMA

- This is information APPROVED by the World Health Organization

* Consider starting information sharing
with "the WHO recommends..."

- Sharing INFORMATION is okay, giving ADVICE is NOT okay
* AVOID saying "YOU/ We / The Person's name"

- "patient" or "person" keeps the information sharing general

- Individuals sharing & using information

on SMA should be mindful of the risks
& empowered to navigate their safety as they see fit.

- Confidentiality and safety should be upheld.

- Anti-Choice advocates have often used harassment tactics

despite legality of abortion as reproductive health care.

- Get informed about digital hygiene

and experiences of other advocates

** Resource: hackinghustling.org/

doxxing-prevention-harm-reduction-training/

- Abortion pills should not be used when there is a known or suspected ectopic pregnancy.
 - If a person cannot be present in their body due to uncontrolled epilepsy, uncontrolled psychosis, or inability to cease drug/alcohol use for 24 hours, home abortion care is not recommended.
 - Inherited porphyria or chronic adrenal failure or hepatic failure are contraindicated conditions.
 - Abortion pills should not be used by a person who has had a previous strong allergic reaction to mifepristone or misoprostol.
 - People with HIV can use abortion pills safely, but they might be at a slightly greater risk of anemia or infection. It is recommended that they use antibiotics during the process.
 - If there is a risk of a sexually transmitted infection such as chlamydia or gonorrhea, a person should arrange an examination with a doctor so that the infection can be treated properly. It is best to finish the course of antibiotics before using abortion pills.
- **Transportation** - The person should have a reliable way to get to a hospital in two hours or less so they can access medical aid in the unlikely event of complications.
 - The person using pills needs to understand that abortion pills cause a miscarriage. If they seek medical attention at any point, they need to know that they can say they think that they are having a miscarriage. The treatment for miscarriage complications is exactly the same as for complications with abortion pills. However, if a person says they used abortion pills, they could face legal problems.
 - **Consent** - It is important that the person is choosing abortion of their own free will and is not being coerced, forced or pressured.

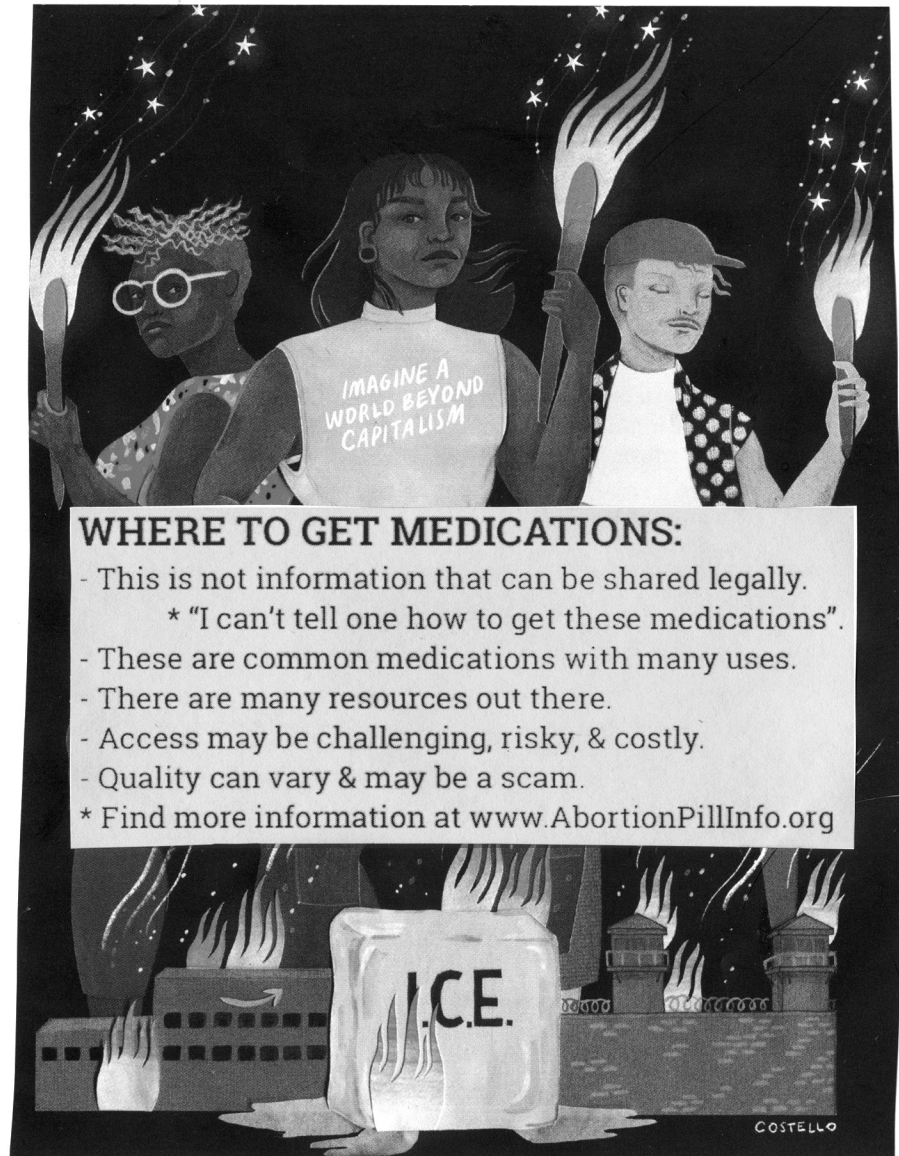
Practice Sharing Information! We CAN Support Each Other!

Mifepristone + Misoprostol

Day 1 (of 2) protocol



- 1 dose mifepristone (200mg)
 - ♥ taken at the same time on Day 2 ♥
- Swallow with glass of water
- • • normal eating and drinking
- • • avoid drugs & alcohol
- may have bleeding, cramping, nausea
- ♥ some people do not experience symptoms
- ♥ WAIT 24 HOURS ♥

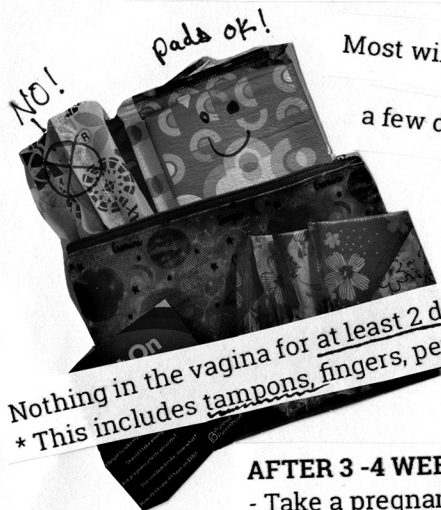


WHERE TO GET MEDICATIONS:

- This is not information that can be shared legally.
 - * "I can't tell one how to get these medications".
- These are common medications with many uses.
- There are many resources out there.
- Access may be challenging, risky, & costly.
- Quality can vary & may be a scam.
- * Find more information at www.AbortionPillInfo.org

AFTER ABORTION

CARE



Most will experience light bleeding for a few days to a few weeks (9 - 14 days).

Nothing in the vagina for at least 2 days and up to 5 days.
* This includes tampons, fingers, penis/dildo, inserted contraceptives.



AFTER 3 - 4 WEEKS

- Take a pregnancy test or ultrasound to make sure the abortion was successful.

- Also indicated by changes in pregnancy symptoms

⊛ if using an ultrasound be mindful of self managed abortion disclosure to providers

- Start contraception right away to avoid a new pregnancy.



IF NO BLEEDING

- Confirm the QUALITY of medications
- Rule out ectopic pregnancy
- Confirm length of pregnancy and repeat after 3 days if appropriate

Day 2 protocol

Mifepristone + MISOPROSTOL
♥♥♥ have someone near ♥♥♥
~in case help is needed~

• MISOPROSTOL ~ taken at the same time as Day 1 ♥

• place 4 pills of MISOPROSTOL (800mcg total) between gums + cheeks (2 each side)



• keep in place 30 minutes

••• No food or drink during this time

• swallow remains after 30 minutes

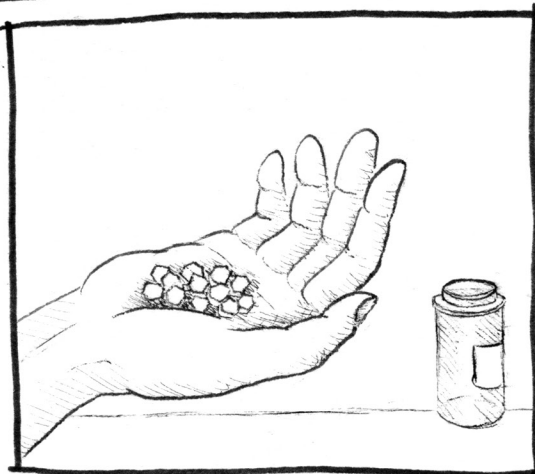
abortion with just misoprostol



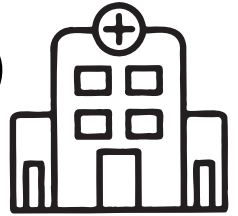
Don't do it
alone.

Have someone
trusted stay
with the
person for
comfort, support,
& in case of an
emergency.

12 pills of
Misoprostol
at 200 mcg.
each (2400
mcg. total)
needed for
this protocol

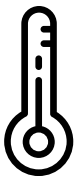
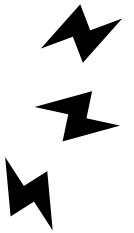


WHEN TO GO TO THE HOSPITAL (CONTINUED)



... SEEK MEDICAL CARE FOR ANY OF THE FOLLOWING:

2. If there is **severe pain** that does not go away few days after taking the medicines.
3. If a person has **vaginal discharge that smells bad**.
4. If the person has a **fever** of over 100° Fahrenheit for more than 24 hours, or if they have a fever of more than 102° F degrees.



If there is a complication, a person can always go to the hospital or any doctor and say they had a miscarriage.

The doctor will treat them as if they had a spontaneous miscarriage. There will be no way that the doctor can know the person has taken medicines unless the person discloses this.



WHEN TO GO TO THE HOSPITAL



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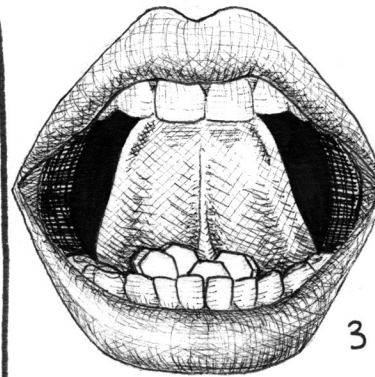
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SEEK MEDICAL CARE FOR ANY OF THE FOLLOWING...

1. If there is **heavy bleeding** that lasts for more than 2 hours **and** soaks more than 2 maxi sanitary pads per hour (if the stream of blood is like a stream of water from an open faucet). Feeling dizzy or light-headed can be a sign of too much blood loss and is dangerous to the person's health (very rare; less than 1%). This requires **IMMEDIATE** medical care.



abortion with just misoprostol



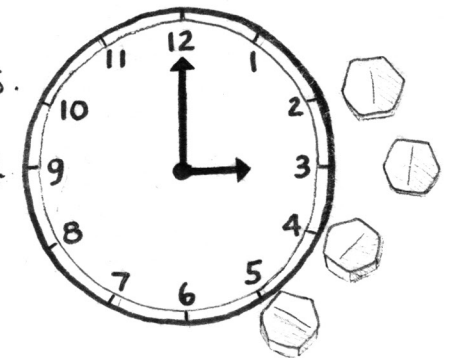
1. Place 4 pills of Misoprostol under tongue.

2. Hold for 30 minutes.

3. Swallow any remaining pill.

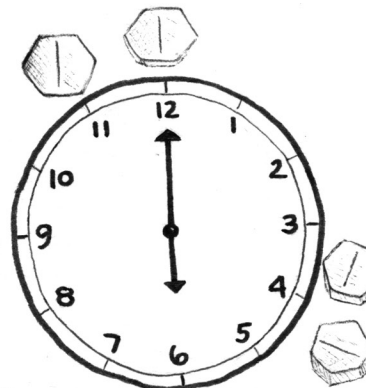
4. Wait 3 hours.

5. Repeat with 4 more pills.



6. Wait another 3 hours.

7. Repeat with the remaining 4 pills.



What to Expect

What does it feel like when the abortion begins?

- It is normal to feel heavy cramping and bleeding for several hours.
- Symptoms usually begin within 1–2 hours. Bleeding can begin within a few hours and up to 7 hours.
- Most bleeding will stop by the next day, but light bleeding may continue for up to 2–3 weeks.

What to Expect (continued)

Usual Side Effects (may occur for several hours):

- Chills
- Light Fever
- Diarrhea
- Vomiting

Anti-nausea medicines and pain relievers can help.

- Common examples are ibuprofen and paracetamol.

