



Hey Jane

Treatment Guide

Welcome to your treatment guide

Here you'll find all the information to guide you before, during, and after your treatment.

We recommend reading through this guide, as most common questions are answered here. It's helpful to read through how to take the medicines and what to expect before starting treatment, so you're ready and feel confident.

If you still have questions, we're here for you.

For medical or non-medical support questions or concerns, reach us on Spruce 10am-8pm EST (weekdays)/10am-6pm EST (weekends).

To securely message Hey Jane right from your phone or computer, go to spruce.care/hey_jane and download the **Spruce app**.

For urgent medical concerns, call us 24/7 **on our Spruce number** at **(405) 331-6029**.

For additional support, check out our Resources page online at heyjane.co/resources.



Abortion on your own terms

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What to expect (during
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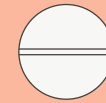
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Support and emergencies

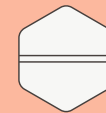
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What is included

Inside your package you should have the following:



Mifepristone



Misoprostol

(8 pills if you are less than 9 weeks pregnant, 12 pills if you are 9 weeks pregnant or more)



Ibuprofen

(pain medicine)



Ondansetron

(anti-nausea medicine)

Note: Pill shape may vary; please reference the bottle's label to confirm which medicine it is.

How to prepare for treatment

Here are some tips to help you get ready before you start your treatment.

Pick up a few items from your local pharmacy or online store:

- Heavy flow menstrual pads (not tampons)
- Heating pad

Choose a time when you will take each medicine.

The cramping and bleeding usually start a few hours after you take the second medicine (**misoprostol**), so choose a time when you've had a good meal, plenty of rest, and can be in a comfortable place where you can rest.

Drink plenty of water during the treatment process.

Eating lightly (i.e. crackers or toast) may also help with nausea.

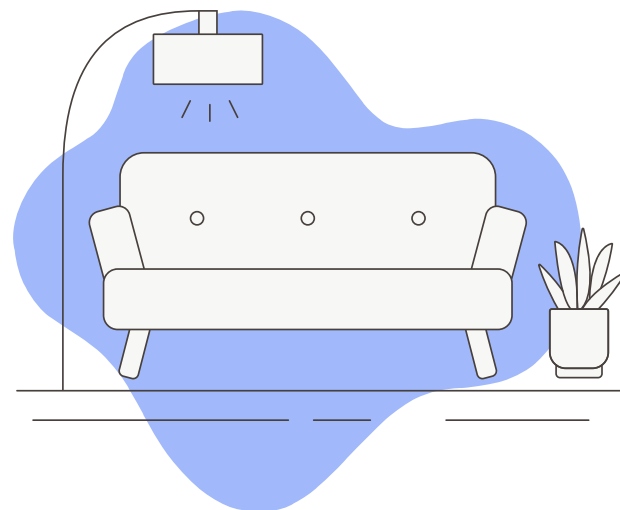
Read the [Treatment instructions](#) and [What to expect](#) pages.

Heavy bleeding, cramping, nausea, fever, or chills are common side effects in the first 24 hours after taking the second medicine (**misoprostol**). Emergencies from this treatment are rare, and most symptoms can be treated from home with pain medicine and rest.

Make a safety plan

Though it's unlikely you'll need emergency medical help, it's important to have a plan in place.

- Identify the closest emergency room. You should be able to get there in 1 hour or less.
- Determine how you would get to the emergency room. It's not safe to drive yourself in an emergency situation.
- Review the [Support and emergencies](#) section (see page 22) so you know how to recognize uncommon symptoms that require urgent medical evaluation.



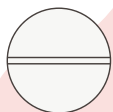
You've got this

Treatment overview

If you are less than 9 weeks pregnant

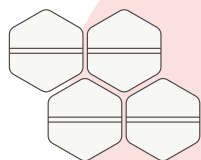
Step 1: Mifepristone

For more on Step 1, go to page 10.

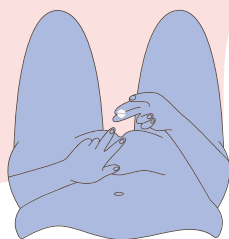
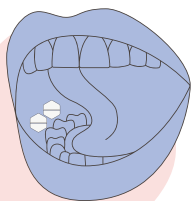


Step 2: Misoprostol

For more on Step 2, go to page 11.

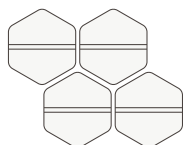


or



Extra misoprostol pills

To find out if you need to take your extra misoprostol pills, go to page 14.



Treatment overview

If you are 9 weeks pregnant or more

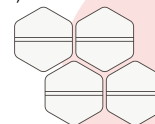
Step 1: Mifepristone

For more on Step 1, go to page 10.

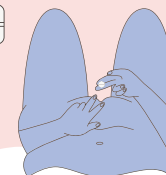


Step 2: Misoprostol

For more on Step 2, go to page 11.

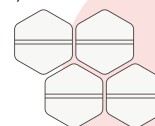


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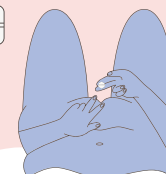


Step 3: Misoprostol

For more on Step 3, go to page 15.

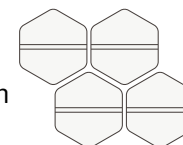


or



Extra misoprostol pills

Set the extra misoprostol pills aside. Your Hey Jane provider will let you know on Spruce if you need to take them.



Taking the pills: detailed instructions



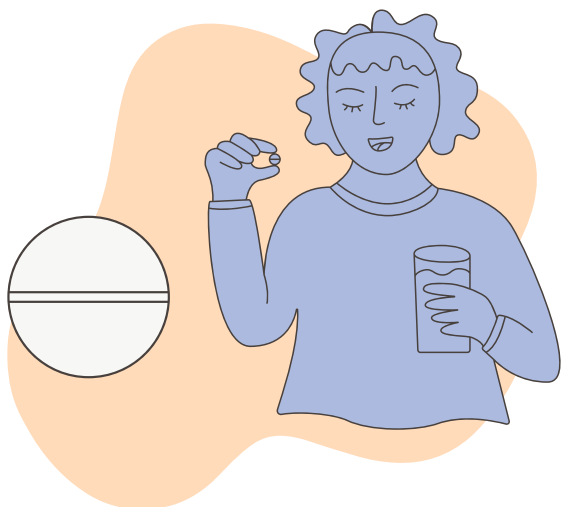
Step 1

Swallow the mifepristone pill with water.

Most people feel fine after taking this pill. You can continue all of your regular activities. You may have some vaginal bleeding but may not — either is okay.

It's unlikely but if you throw up in the first 30 minutes after taking it, please contact us. If you throw up after 30 minutes, you don't need to contact us because the medicine has been absorbed.

If you've been feeling nauseous with the pregnancy, you can place one ondansetron (anti-nausea) pill under your tongue and let it dissolve before starting Step 1.



Step 2

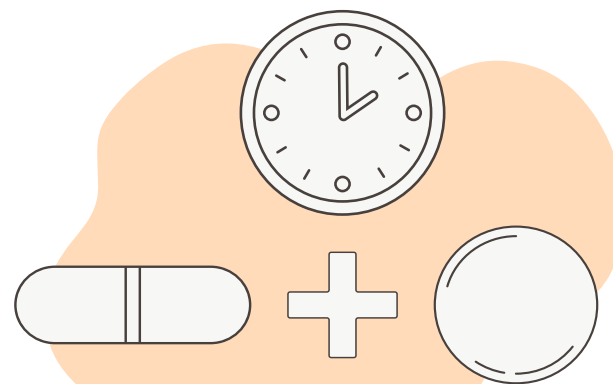
Wait 24-48 hours after you've taken the mifepristone to begin Step 2.

Choose a time to start Step 2 when you've had a good meal and plenty of rest, as bleeding and cramping usually start a few hours after Step 2.

30 minutes before taking your misoprostol pills, take **two ibuprofen pills** (swallow with water) and then place **one ondansetron** (anti-nausea) pill under your tongue (the ondansetron dissolves and does not need to be swallowed).

This will help decrease your cramps and bleeding.

You must complete Step 2 even if you have started bleeding.



**Step 2 instruction
continued on page 12**



Step 2 continued

Place **4 (four) misoprostol pills** inside your vagina **OR** between your cheeks and gums for 30 minutes.

You can choose to take the pills in your vagina or in your cheeks for Step 2. Below we go over how to take them both ways — choose the one you prefer. The medicine works equally well either way, but can cause more nausea when taken in your cheeks.

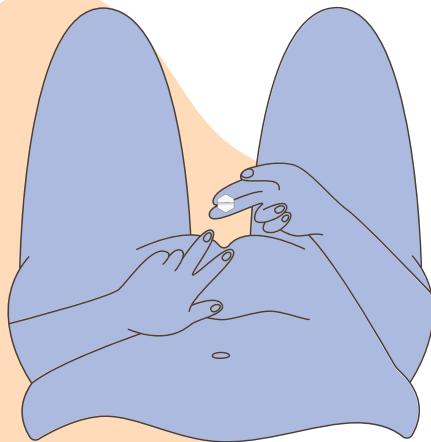
Option 1: Vaginal

First, go to the bathroom to empty your bladder and wash your hands.

Either in a squatting position or lying on your back or side, use your finger to push **4 misoprostol pills**, (one by one) deep into your vagina (at one finger's distance inside). After the pills are inserted, lie down and **wait for 30 minutes**.

After 30 minutes, the medicine is absorbed. If the pills fall out after 30 minutes, it is ok and the pills can be thrown away.

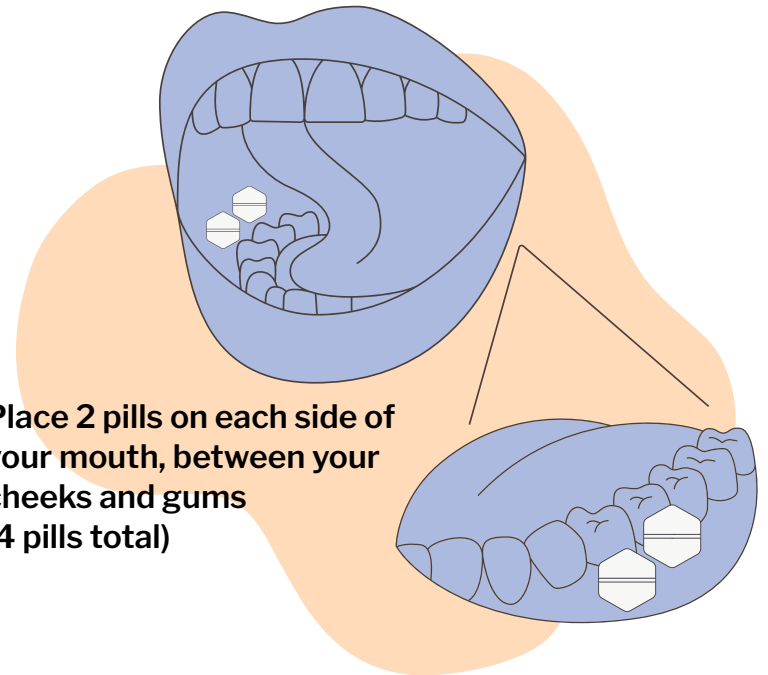
Push 4 misoprostol pills
(one by one) into your
vagina—one finger's
distance inside



Option 2: Buccal (between cheeks and gums)

Put **2 misoprostol pills** on one side of your mouth (between your cheek and gums—think the place where you used to hide chewing gum), and the other **2 misoprostol pills** on the other side of your mouth. **Wait 30 minutes** for the pills to dissolve, then swallow what is left of the pills. It is okay to swallow your saliva as the pills dissolve.

Place 2 pills on each side of
your mouth, between your
cheeks and gums
(4 pills total)

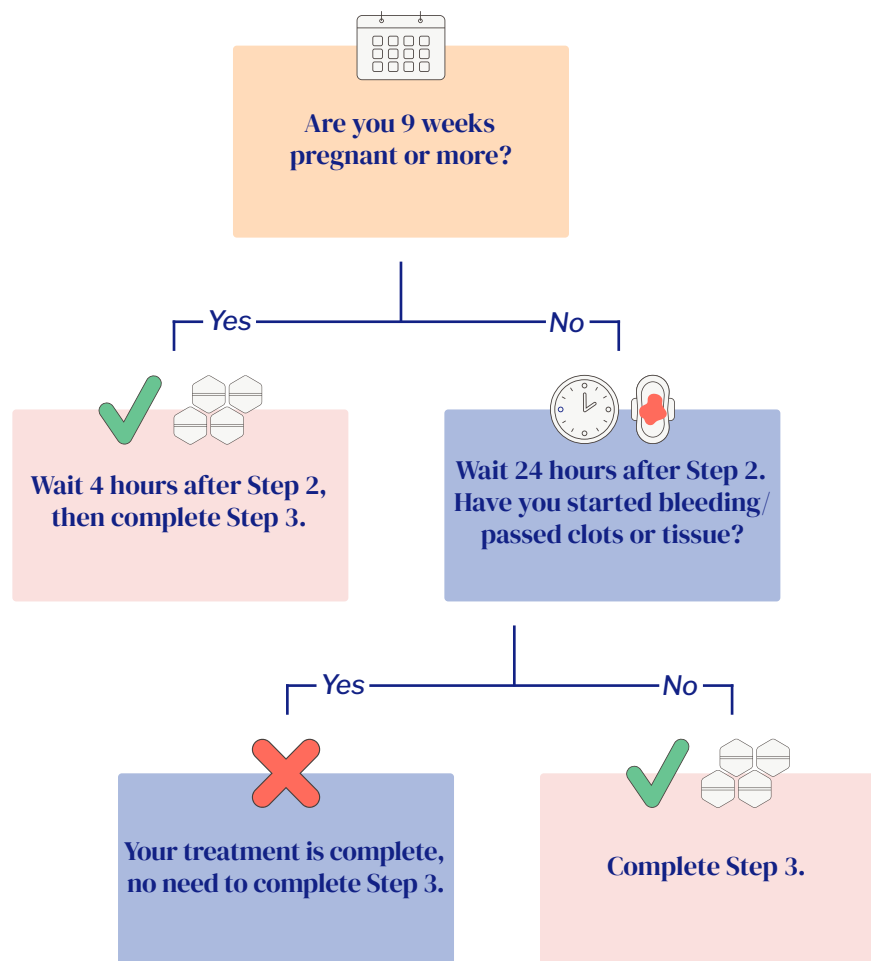




Step 3*

Do you need to take the extra misoprostol pills?

Depending on how many weeks pregnant you are and on how much you bleed after Step 2, you may or may not need to take additional pills as described in Step 3.



Step 3*

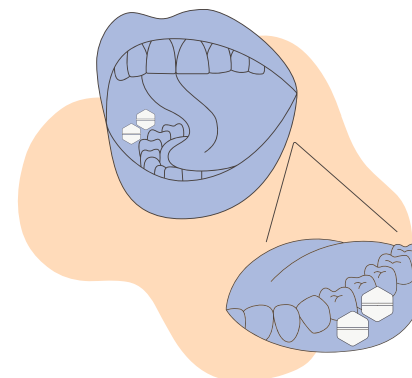
You only need to complete Step 3:

- If you are **9 weeks pregnant or more**—wait 4 hours and then complete Step 3.
- If you are **less than 9 weeks pregnant** and have not had bleeding/passed clots or tissue 24 hours after Step 2. Note: It is common for bleeding to be lighter than a period for people that are early in their pregnancy (6 weeks or less).

Place **4 misoprostol pills** between your cheeks and gums for 30 minutes.

Put **2 misoprostol pills** on one side of your mouth (between your cheek and gums —think the place where you used to hide chewing gum), and the other **2 misoprostol pills** on the other side of your mouth. **Wait 30 minutes** for the pills to dissolve, then swallow what is left of the pills.

**If you are less than 9 weeks pregnant and have bleeding/ pass clots or tissue within 24 hours after Step 2, you can skip Step 3.*



What to expect during and after treatment

Remember that each person's experience is different and symptoms can vary from person to person.

Bleeding:

Heavy bleeding and strong cramps usually start about 4-6 hours after taking the second medicine (**misoprostol**), but can take up to 24 hours. Let us know if you don't have bleeding 24 hours after taking the misoprostol.

Bleeding can be very heavy (usually heavier than your period), sometimes with clots (up to the size of a golf ball).

Note: It is common for bleeding to be lighter than a period for people that are early in their pregnancy (6 weeks or less).

Heavy bleeding can last for a few hours (usually around 6 hours), but usually not more than 24 hours, then gets lighter.

Use heavy flow menstrual pads so you can tell how much you're bleeding. You can use tampons when the heavy bleeding lets up.

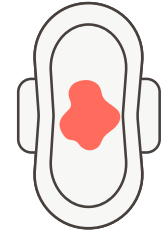
You may see pregnancy tissue that comes out with the bleeding, which can look like a shiny blood clot or can be white or gray in color. It is safe to dispose of the pregnancy tissue in the same way you would pads or tampons, or to flush it down the toilet, but you may also choose to dispose of it in a way that reflects your personal or cultural values.

It is ok if you do not see anything - that does not mean the treatment isn't working.

If you completely soak through 2 heavy flow menstrual pads each hour, for 2 or more hours in a row (4 pads in 2 hours), you are bleeding too much and should contact your Hey Jane provider.

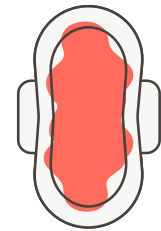
Light bleeding

Less than four-inch stain on menstrual pad within one hour.



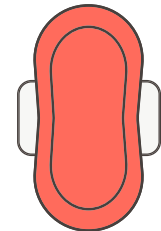
Moderate bleeding

Less than six-inch stain on menstrual pad within one hour.



Heavy bleeding

Completely soak (from front to back, side to side) menstrual pad within one hour.



It's normal to have bleeding or spotting for a few days or weeks after treatment. It may start and stop a few times. It should get lighter and lighter.

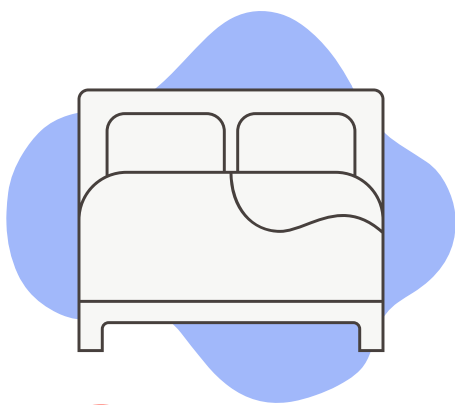
Your period should come back in about 4-8 weeks, but this is different for each person.

Pain and cramping:

Strong cramping is a normal part of the treatment and usually starts a few hours after taking the second medicine **(misoprostol)**.

Here are some things that can help:

- Take pain medicine, like ibuprofen (or Tylenol if you're allergic). You can take ibuprofen 800 mg every 8 hours (or two Extra Strength Tylenol every 4-6 hours) as needed.
- Put a hot water bottle or heating pad on your belly.
- Take a shower.
- Sit on the toilet.
- Have someone rub your back.
- Drink warm tea or soup.
- You will cramp less and less as the hours and days go by.



Get cozy

Other common symptoms:

Fever and chills

Are common during the first 24 hours after taking the second medicine **(misoprostol)** - Ibuprofen or Tylenol can help. This should go away within 24 hours.

Headache

Ibuprofen or Tylenol can help.

Nausea, vomiting, diarrhea

This should go away 1 or 2 days after you take the pills.

Feeling tired

You may feel tired for a couple of days. You should be back to normal soon.

Breast changes

Tenderness should go away within a week. You may leak a milky discharge. Wear a snug-fitting bra if you do. This should stop in a couple days.

When can I go back to my regular activities?

It is safe to go back to your regular activities — school, work, driving, exercise — as soon as you feel up to it.

- You can eat normally before, during, and after the treatment.
- You can have sex and/or use tampons whenever you are ready.
- You can take a shower or bath as soon as you want to.

You should start to feel better each day after treatment. Please let us know if you don't.

Sadness or mood changes:

You may feel relieved when the abortion is over. You may also feel sad or moody, which is normal and can come from hormonal changes when you're no longer pregnant. If you think your emotions are not what they should be, please talk to us. There are also great support text and talklines on our [Resources page](https://heyjane.co/resources) at heyjane.co/resources.

How do I know if the treatment worked?

- You should have cramping and bleeding after taking the second medicine (misoprostol), usually as heavy or heavier than your period (sometimes with clots or tissue).
- Your pregnancy symptoms (nausea, breast soreness) should start to go away and disappear within about 1 week after using the pills. This is a good sign that you are no longer pregnant.
- A pregnancy test will stay positive for about 4 weeks after the treatment (even if you are no longer pregnant), so it's important not to take one sooner.

When should I follow up after my treatment?

We'll check in with you a few times to make sure the treatment went well.

- **About 1 week after your treatment:** We'll follow up with you on Spruce messaging to answer a few questions to be sure your treatment went well.
- **About 4 weeks after your treatment:** We'll send you a reminder to take an at-home pregnancy test. Do not take a pregnancy test until 4 weeks after you take the pills (the pregnancy test can stay positive for this long even if you are no longer pregnant).

In the rare event that the treatment does not work, the abortion must be completed, since **misoprostol** has a small risk of birth defects. You may be able to take another round of medicines or you will need to get an in-clinic procedural abortion. We will make sure you get the care you need. To find abortion clinics near you, go to inedana.com or visit our [Resources page](https://heyjane.co/resources) at heyjane.co/resources. You can always contact us on Spruce (see page 2) — we're here for you.

When should I start birth control?

You can become pregnant again almost immediately after using the abortion pills. For this reason, it is recommended to use condoms or another form of birth control if you don't want to get pregnant.

- You can get external condoms, internal condoms, sponges, and spermicide at your drugstore.
- If you have unprotected sex or the condom breaks, you can use emergency contraception (EC), also known as the morning-after pill. EC can help stop you from getting pregnant if taken within 3 days of unprotected sex. You can get EC from the drugstore or from a healthcare facility.
- If you want to start birth control, ask your Hey Jane provider, or find a provider near you by going to findahealthcenter.hrsa.gov or inedana.com.

For more info on birth control options, visit reproductiveaccess.org.

Support and emergencies

Throughout your treatment, we're here to support you. Serious complications from this treatment are very rare, and most side effects can be managed from home.

If you don't find the answer to your question in this guide, you can send us a message from your phone or computer on [Spruce](#). (see page 2)

Check out our [Resources page](#) at heyjane.co/resources for many support options, including talk/textlines for emotional support during/after an abortion and much more.

For urgent medical concerns, call us on our 24/7 number at [\(405\) 331-6029](tel:(405)331-6029). In case of an emergency, please call 911 or go to your nearest emergency department.

Remember that serious complications from this treatment are very rare - most side effects can be managed from home.

Please contact a medical provider...

Now we'll go over when to seek urgent medical attention. In the very rare event that you experience any of the following, please contact a provider immediately.

If you have any of the following at any time

- You completely soak 2 heavy flow pads each hour, for more than 2 hours in a row (4 pads in 2 hours). See page 17 for a visual reference guide.
- Belly pain that's on one side of your belly.
- Belly pain or cramps that don't get better with pain medicine or a heating pad.
- Dizziness or vomiting lasting more than 4 hours.
- Weakness, nausea, or diarrhea lasting more than 24 hours.

If you have any of the following at least 24 hours after taking the misoprostol pills:

- Cramping or bleeding is not getting lighter.
- You have a fever of 100.4 F or higher (fever is common during the first 24 hours) - always check your temperature with a thermometer.
- You have not had bleeding or passed clots/tissue.
- You start to feel very ill after the heavy cramping and bleeding is over.

One week after taking the pills, if you have any of the following:

- Cramping or bleeding is not getting lighter.
- You do not feel that you passed the pregnancy.
- Your pregnancy symptoms (such as nausea and breast tenderness/soreness) are not getting better.
- You have a fever of 100.4 F or higher (fever is common during the first 24 hours).

Hey Jane