

THE ABORTION PROJECT
PRESENTS



ABORTION INTENTIONS CARE PLAN

Set clear intentions for
yourself before, during, and
after a medical abortion.

@theabortionproject

WHY IS INTENTION SETTING IMPORTANT?

and, yes, we'll hold your hand from beginning to end in this pdf

Being clear on everything from who you want present to what you want to get out of the experience is important to think about before the day of your abortion. We're passionate about providing a resource that will have you thinking ahead instead of leaving you feeling steamrolled and traumatized.

Move through the pages that follow as open and honest as you possibly can. Nothing is silly or dirty or lame. This experience is yours and yours alone. You get to call the shots!



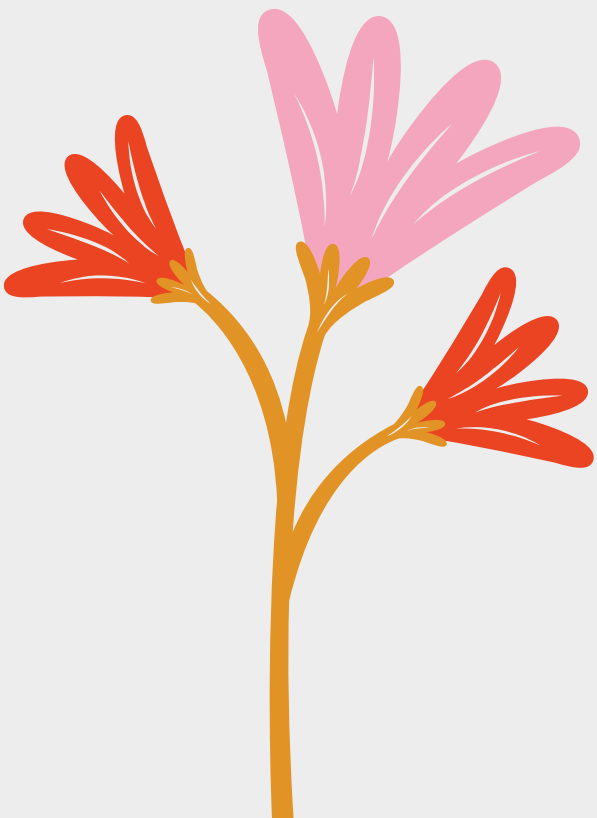
WHAT IS AN ABORTION DOULA?

An abortion doula is someone that is trained in ways to support a person experiencing a medical abortion physically, emotionally, and educationally. Their support may look like going through this care plan with you, providing physical comfort measures and emotional care during your abortion as well as providing you with appropriate resources throughout the whole process and for weeks beyond.

Each abortion is different so whether this is your first abortion or you've had others before, having someone there to hold space for you is so beneficial. It can be a time of uncertainty

or even fear for some people. So having an experienced, trained, support person to be there with you to help you gauge what is normal or not really calms people's minds. Not to mention how far physical support like massage can go when you're in discomfort.

All-in-all, there is value in having someone available to be there with you if you are not wanting to be alone and a Doula is a wonderful option to consider.



PREPARING FOR YOUR ABORTION:

Is there anyone that you would like to be present to support you during your experience, such as a doula, family member(s), or close friend(s)?

Are there any medical or mental health conditions your support person(s) needs to know about before you get started?

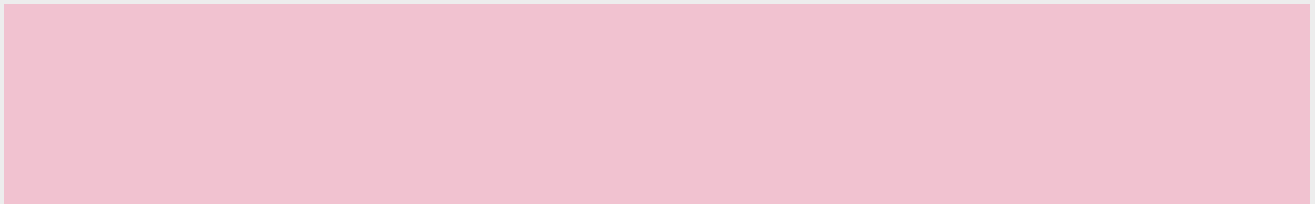
Consider gathering some or all of the following items before the day of:

- + a refillable water bottle
- + an electrical heat pad, microwavable rice pack or hot water bottle for cramping.
- + ibuprofen
- + red raspberry leaf tea
- + overnight sized pads

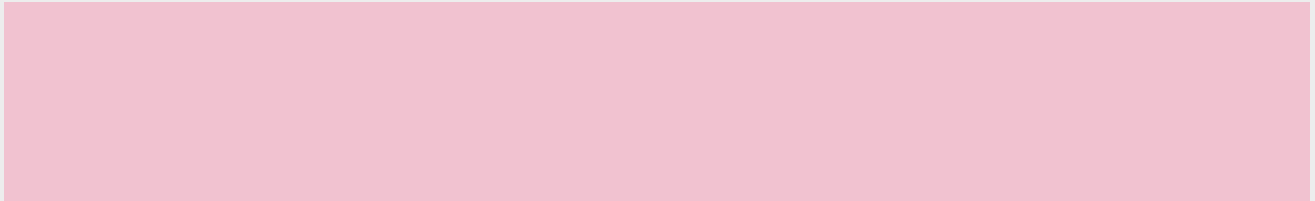
- + a journal and pen
- + download [this zine](#) or [this one](#) or [this one](#)
- + ginger candies and/or peppermint candies/oil for nausea
- + candles or dim lighting
- + access to a bath or shower

PREPARING FOR YOUR ABORTION:

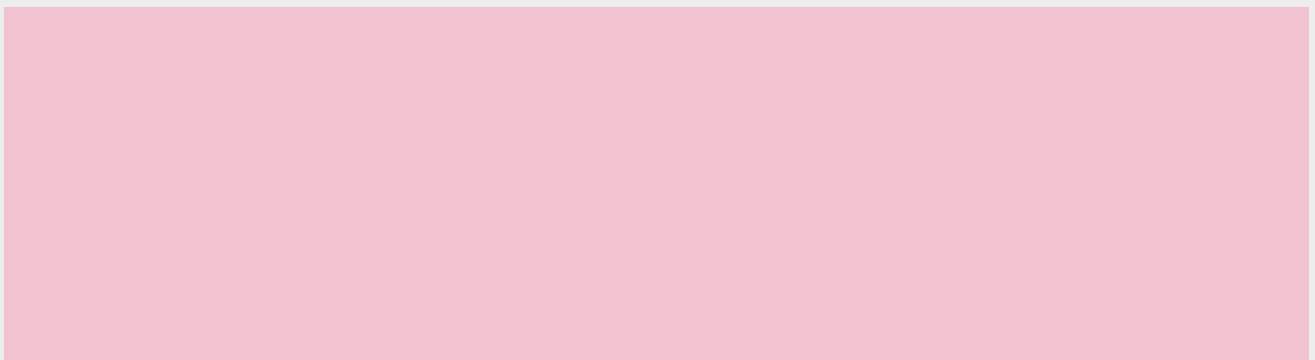
Buy/prepare/order whatever food you think might feel nourishing and comforting during/after the abortion.



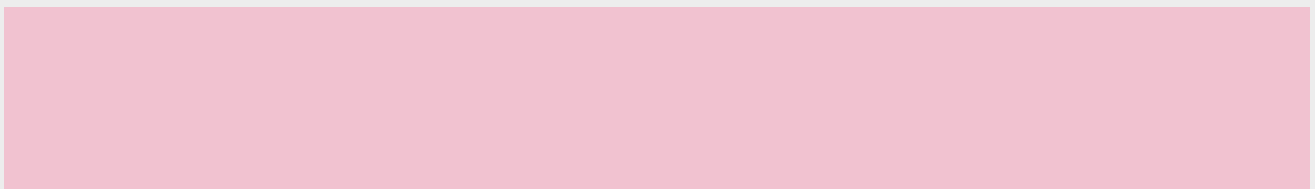
Reflect on how you usually best handle discomfort or stress.



Consider speaking any questions or concerns out loud to your support person(s) or by writing them out below.



Is there any ceremony you would like to hold before you get started?



WHEN AND WHERE TO HAVE MY ABORTION?

Deciding when and where to have your abortion is very personal for each individual. It's important that you feel as safe and comfortable as possible.

A lot of times, people will choose to have their abortion over night or on the weekend. Having a solid 24 hours to experience the abortion and then rest afterwards is beneficial. We understand that this may not be accessible for everyone. Choosing to do it overnight gives you some privacy from people you share a living space with and any children that you may be taking care of in the home.

Most people will choose to have their abortion in the comfort of their own home. How amazing that this option exists. No sterile, cold clinic! But your home isn't the only place these medical abortions take place. Sometimes they are in the home of a trusted partner, friend, or family member. And, sometimes they are in hotel rooms. I will say that a great benefit of having your abortion in a hotel is that the water heater never runs out of hot water for the bathtub!

Hopefully we've given you a few ideas of when and where to have your abortion. Put some extra thought into where you'll feel the most safe and comfortable when choosing these things for yourself. Talking it through with another person you trust may lead to some times or places you hadn't considered for yourself beforehand.

WHAT TO EXPECT DURING YOUR ABORTION:

MIFEPRISTONE AND MISOPROSTOL:

Mifepristone is given in the clinic, by a provider. One dose of Misoprostol (2-4 pills) is taken by dissolving the pills, 1-2 in each cheek or all 2-4 under the tongue for 30 minutes, 24-48 hours later, in your place of choice. Cramping and bleeding can start right away, or up to 4 hours after the Miso is taken. Expect the cramping and bleeding to intensify over time. Bleeding may be like a heavy period with a lot of clots visible. Nausea, vomiting, and diarrhea may occur.

MISOPROSTOL ONLY:

One dose of Misoprostol (4 pills) is taken by dissolving the pills, 2 in each cheek or all 4 under the tongue for 30 minutes, in your place of choice. Cramping and bleeding can start right away, or up to 4 hours after the first round of Miso is taken. Expect the cramping and bleeding to intensify over time. Bleeding may be like a heavy period with a lot of clots visible. Nausea, vomiting, and diarrhea may occur.

REMEMBER DURING YOUR ABORTION:

- + If you have a support person(s) there with you, they may provide physical comfort like massage or other comforting touch. They should always be asking for your consent before they offer this to you.
- + Stay hydrated throughout the process.
- + You may not want to eat during your abortion. But having something light on hand to sip or nibble on can be helpful. (broths, toast, honey sticks, hard candies, etc.)
- + An over the counter nausea medication may be helpful.
- + Overnight pads and comfy clothes are must-haves.
- + Meditative tracks or your favorite movie/tv show are great ways to focus on something other than the discomfort.
- + The products of your pregnancy may expel into a pad, onto a towel/your clothing if you're free-bleeding, or into the toilet. If you're wanting to see the products but find yourself on the toilet a lot, a colander can be placed under the toilet seat to capture anything that falls from your body. You can then gently rinse and explore what remains.

AFTER CARE:

Consider whether or not you would like to see/touch/explore the contents of your pregnancy once they have expelled.

Decide what you would like to do (or have done) with the products of conception after they have expelled. (ceremony, burying, flushing, etc.)

Give yourself a full 24-hours after the abortion to rest, if possible.

If you have other children is there someone you trust to care for them while you're resting?

Remember to eat and continue to drink water now that your abortion is over.

Start thinking about the type of contraception you will be using from this point on, if any.

Know what care provider you will reach out to if you suspect you are bleeding too heavily, may have an infection, or an incomplete abortion.

SIGNS OF INFECTION OR COMPLICATIONS:

Keep an eye on your bleeding. You might bleed for the next 2-4 weeks. But, if you fill up a maxi pad every hour--for a few hours--this is too much blood.

The following may be signs of *infection* or *incomplete abortion* and may require follow-up medical care:

- + Foul-smelling discharge.
- + Fever over 100.2 F lasting for over 24 hours that does not respond to medication.
- + Continued uterine tenderness after initial expulsion.
- + Excessive bleeding.
- + Bleeding lasting longer than 2-4 weeks.
- + Dropping blood pressure or rising pulse.
- + Continued pregnancy symptoms or positive pregnancy test one week after expulsion.

WHAT TO EXPECT AFTER YOUR ABORTION:

EMOTIONS, EMOTIONS, EMOTIONS. OR NOT.

It goes without saying that every person that reads this guide will have a different experience that brought them to their abortions, while having their abortions, and after their abortions. But we hope that after reading this, you feel less alone and more normal about your experience.

Some people feel a lot of joy and relief after their abortions and simply move on with their lives without much more thought about it or while only looking back on the experience as a positive one. This is a totally normal and valid reaction to one's abortions.

Some people will feel a lot of emotions leading up to, during, and after their abortions. Some of those feelings could be (but are not limited to) joy, relief, sadness, grief, loss, doubt, fear, shame, anger, pride, empowerment, grateful, etc. They may experience a mixture of these emotions in quick succession of each other. The way they feel one moment may change in the next. Or, one day they're feeling fine and the next they are consumed with an opposite emotion. Know that this is normal and valid as well. And that there are supports out there for you through trusted partners, friends, family members, or your doula and talk lines provided on the following page. You are not alone in feeling one way or the other!

RESOURCES:

BOOKS, ARTICLES, AND PODCASTS:

- + [Shout Your Abortion](#) (book)
- + [What If Your Mother](#) (book)
- + [Spirit Babies](#) (book)
- + [Choice Words](#) (book)
- + [A Difficult Decision](#) (book)
- + [The Abortion Diary](#) (podcast)
- + [Rituals & Meditations for Pregnancy Release](#) (PDF)
- + [The Sacred Red: A Pregnancy Release/Abortion Guide](#) (PDF)
- + [Abortion: Which Method Is Right For Me?](#) (workbook)
- + [A Guide to Emotional & Spiritual Resolution After an Abortion](#) (workbook)
- + ["So What If Abortion Ends Life"](#) (article)
- + ["You Can Be Religious And Believe In Abortion"](#) (article)

HOW TO FUND YOUR ABORTION:

- + [National Abortion Federation](#)
- + [National Network of Abortion Funds](#)

WHERE TO SHARE YOUR STORY:

- + [Shout Your Abortion](#)
- + [Abortion Space](#)
- + [So I Had An Abortion](#)
- + [The Abortion Diary](#)
- + [Stigma Sisters](#)
- + [Abortion Looks Like](#)

HOW TO FIND A CLINIC:

- + [Abortion Care Network](#)
- + [Abortion Clinics Online](#)

TALK LINES:

- + [All Options](#)
- + [Faith Aloud](#)
- + [Exhale](#)

NORMALIZING/VALIDATING SPACES:

- + [The Abortion Project](#)
- + [This Facebook Group](#)
- + [Shout Your Abortion](#)
- + [Thank God For Abortion](#)
- + [Abortion Embroidery](#)
- + [Abortion is Love](#)
- + [The Abortion Nurse](#)
- + [Abortion Palooza](#)
- + [2+ Abortions Worldwide](#)
- + [I Am Pro Truth](#)
- + [We Testify](#)
- + [Stigma Sisters](#)
- + [Abortion Conversation Project](#)

SELF- MANAGED ABORTION RESOURCES:

Most of the resources found on the previous page will still be beneficial to you if you are choosing to self-manage your medical abortion. We wanted to be sure to include some extra resources here for you as well.

LEARN MORE ABOUT SMA:

- + [Repro Action](#)
- + [Plan C](#)
- + [Self-Managed Abortion Safe & Supported \(SASS\)](#)
- + [Women Help Women](#)
- + [How To Use Abortion Pill](#)
- + [Women On Waves](#)
- + [World Health Org Guidelines](#)
- + [An Open Letter in Support of Self-Managed Abortion with Pills](#)

PODCAST:

- + [Self Managed Abortion \(series\)](#)

LEGAL SUPPORT AND ADVOCATES:

- + [If/When/How](#)
- + [National Advocates For Pregnant Women](#)

THE ABORTION PROJECT

Heather and Sarah are two Doulas that are passionate about destigmatizing and demystifying medical abortions. Through their documentary photography project they have created a first-of-its-kind series of photo zines showing what abortion really looks like. Being able to pull back the curtain on fear and shame that surrounds abortion in our country is something they are very proud of. They plan to continue raising awareness for medical abortions and support for people experiencing them by training other doulas to do the work in 2021 and beyond.

WE'RE ALWAYS HERE FOR YOU, TOO!

REACH OUT ANYTIME:

The
**ABORTION
PROJECT**

@theabortionproject
www.theabortionproject.com
theabortionproject@protonmail.com