

EFFECTIVENESS and SAFETY of SELF-MANAGED MEDICATION ABORTION

Results from a study by Ibis Reproductive Health and accompaniment groups in Argentina and Nigeria

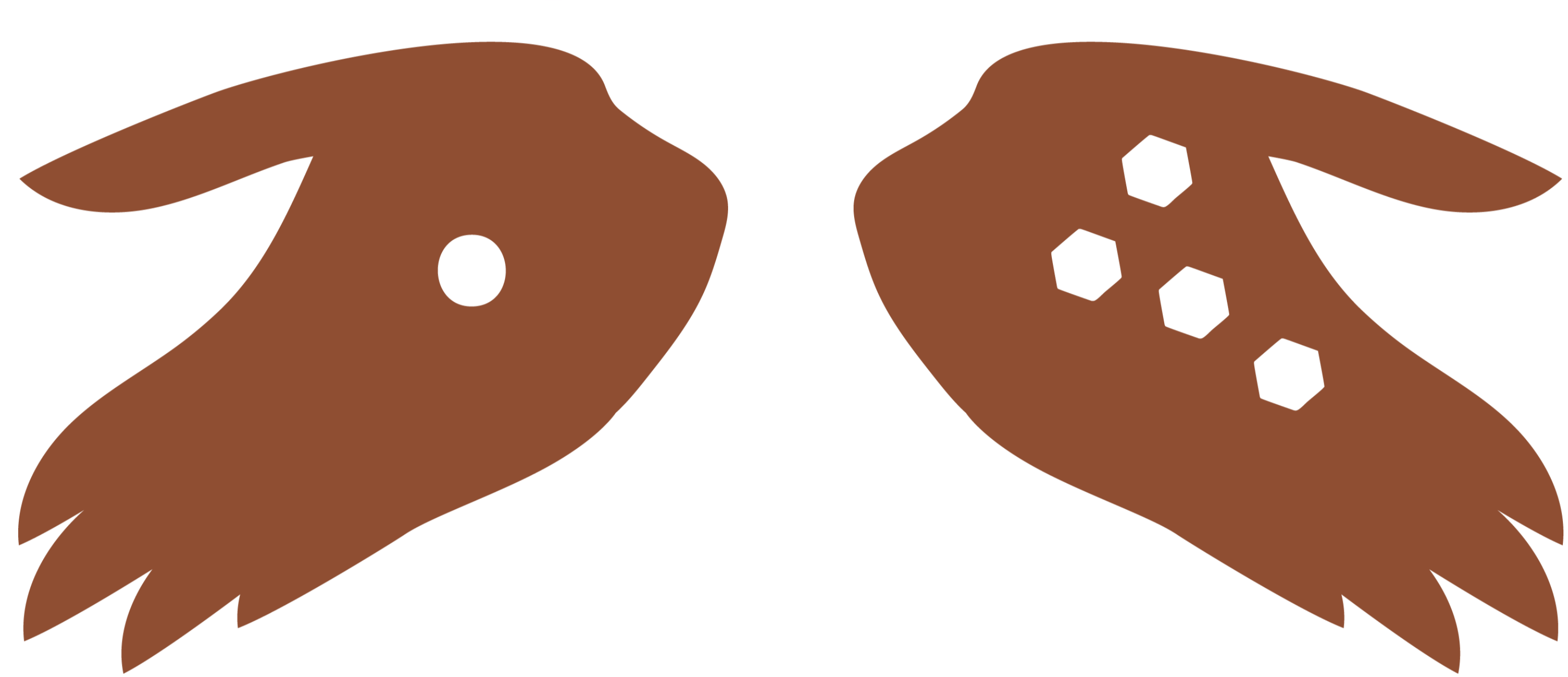
Among 1051 participants, 951 reported taking medication abortion and completed at least one follow-up.

37% of people used a combination of **mifepristone + misoprostol**.

Of these people, **99%** took their **first dose orally**, by swallowing it (mifepristone), and **77%** took their **second dose (misoprostol) under their tongue** (sublingual).

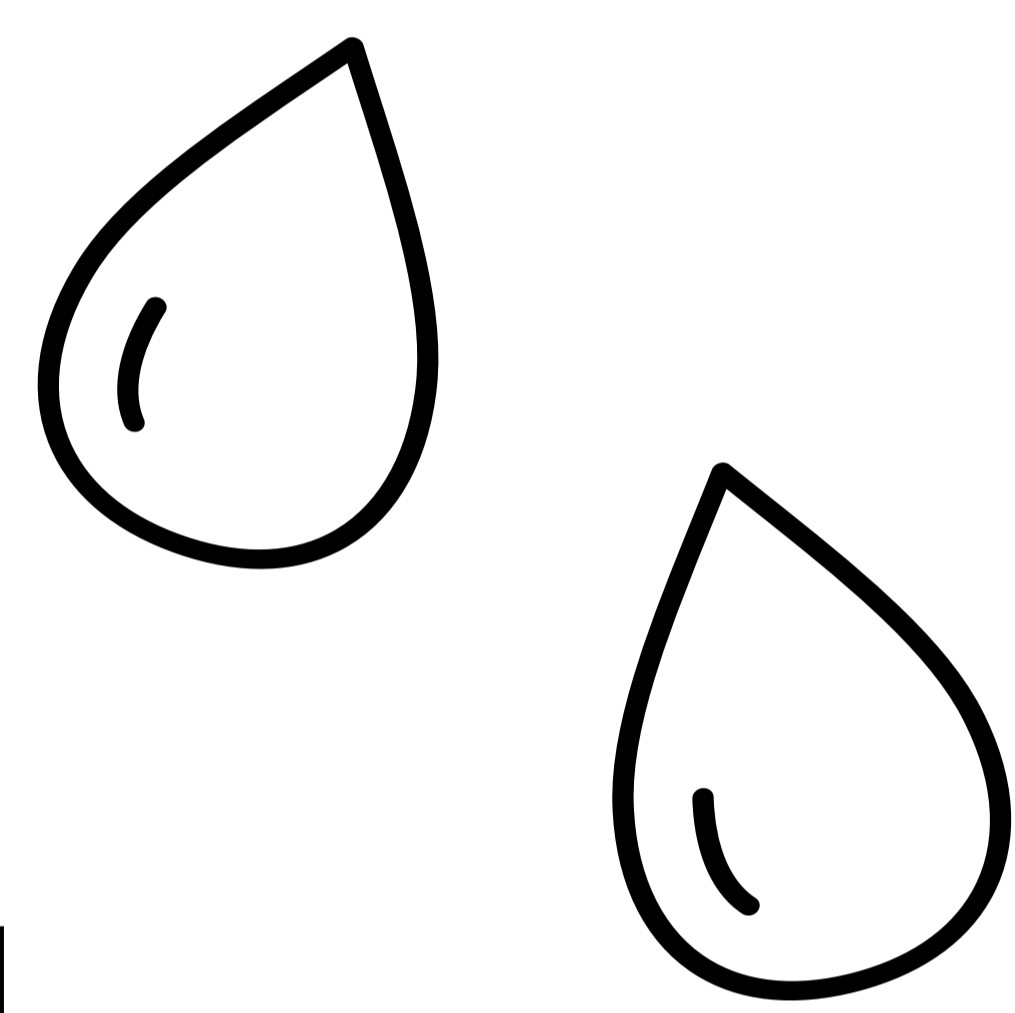
62% of people used **misoprostol alone**.

Of these people, **99%** used misoprostol **under their tongue** (sublingual) for all **three doses**.



33% of people who used **mifepristone + misoprostol** started **bleeding** after their **first dose** (mifepristone) and **65%** started **bleeding** after their **second dose** (misoprostol).

10% of people who used **misoprostol alone** started **bleeding** after their **first dose**, **48%** after their **second dose**, and **41%** after their **third dose**.



For half (**52%**), **bleeding stopped and started again** a few times throughout the abortion, while for others bleeding was continuous (**48%**).

Most people (**79%**) experienced **heavy bleeding** for **2 days or less**, though some (**21%**) **bled heavily** between **3 and 7 days**.

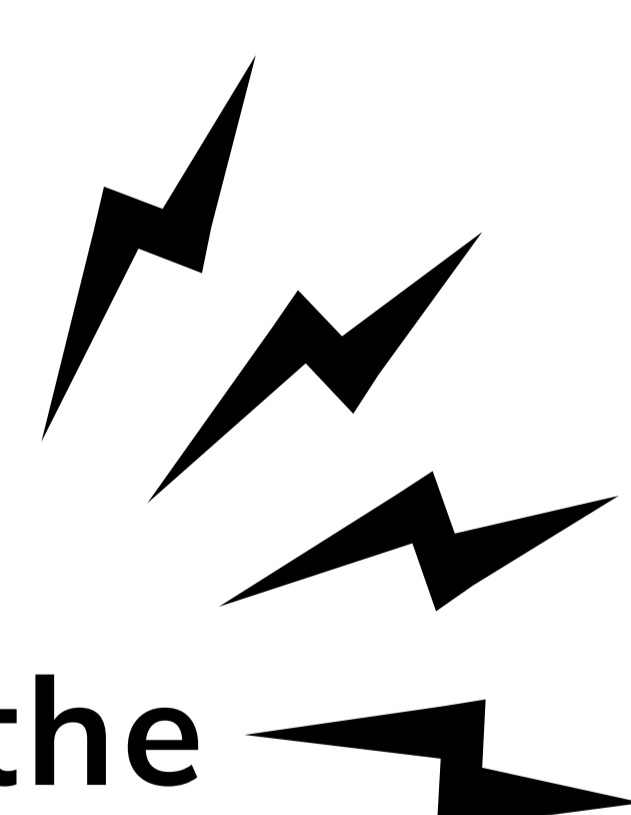
9% of people experienced bleeding that **soaked more than 2 pads per hour for more than 2 hours**. As this can be a warning sign of a potential complication, people who experience this amount of bleeding should talk to their accompanier.



9% of people who used **mifepristone + misoprostol** experienced **cramping** after their **first dose** (mifepristone) and **89%** experienced **cramping** after their **second dose** (misoprostol).

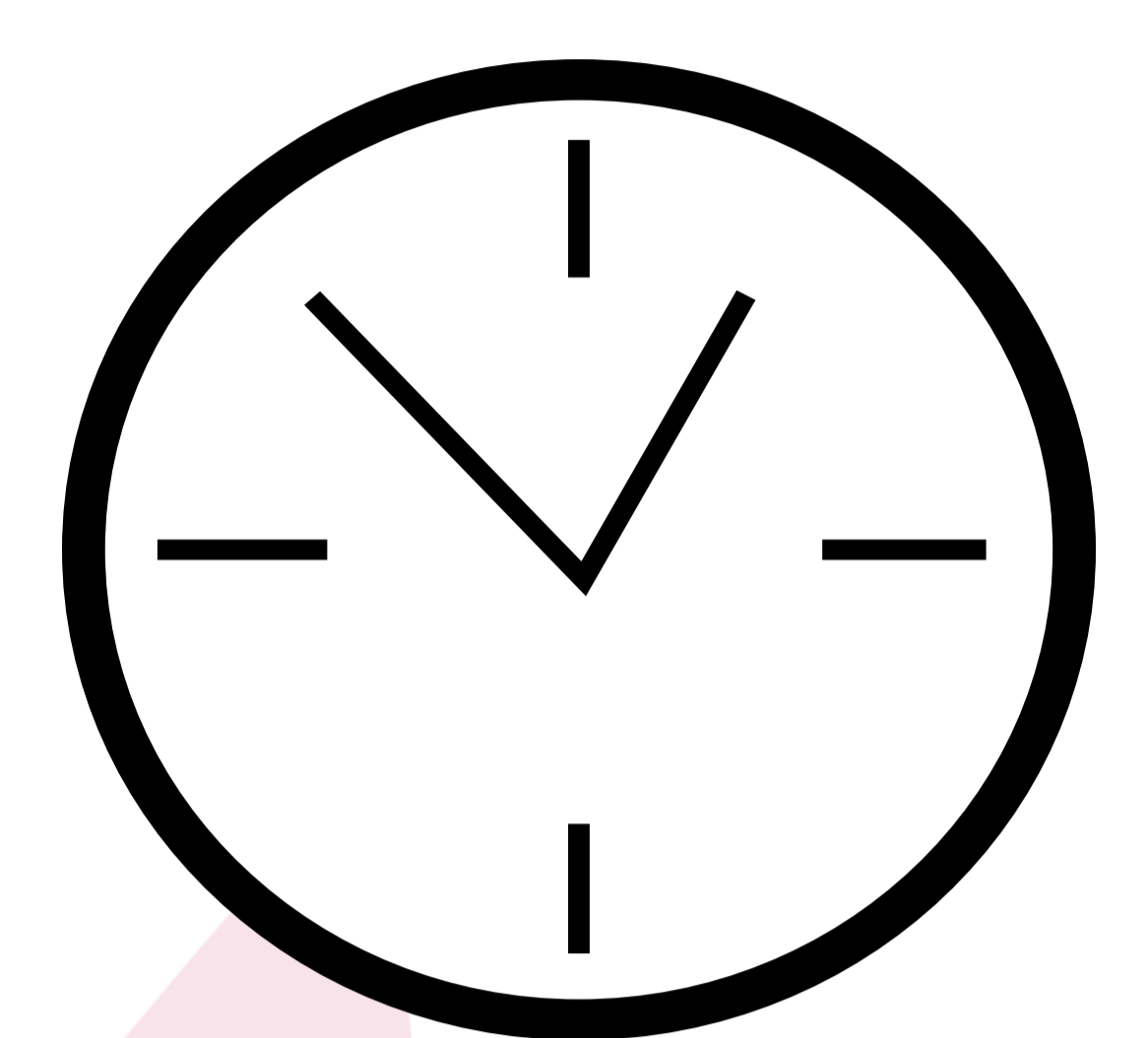
27% of people who used **misoprostol alone** experienced **cramping** after their **first dose** and **49%** after their **second dose**.

Many people (**41%**) experienced **cramps** at least **1-2 days after taking the pills**. Most people (**45%**) experienced **cramping** that **lasted less than 24 hours**, while others (**15%**) experienced **cramping** for **3 to 9 days**.



Most people **completed their abortion** (passed the pregnancy) about a day after taking their **first dose of misoprostol** (**92%** of those who used **mifepristone + misoprostol**, and **93%** of those who used **misoprostol alone**).

Across both groups, the **longest time to completion** was **7 days** after taking their **first dose of medication**.

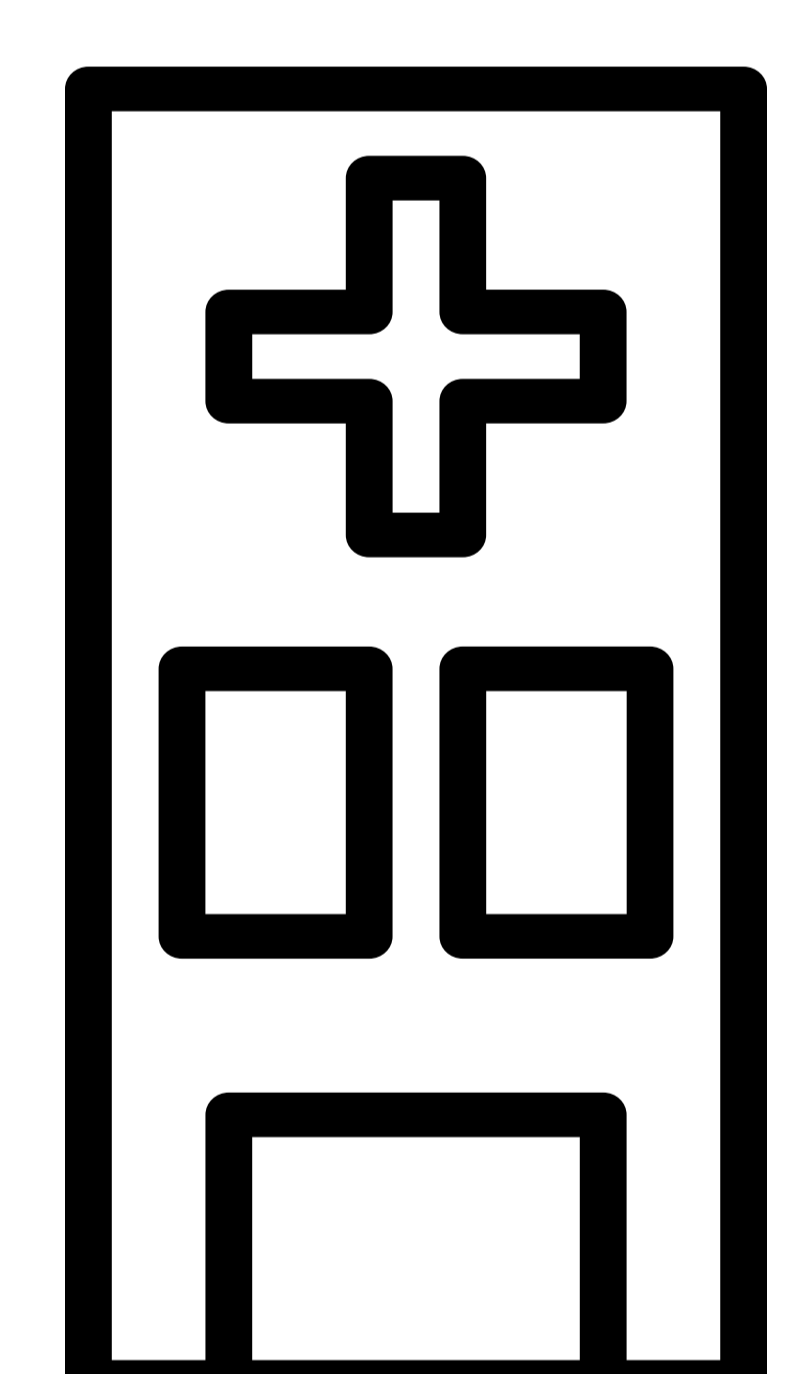


97% of people completed their abortion with pills alone.



1 in 5 people (**20%**) decided to seek health care at a clinic or hospital at some point during the study.

Among those who sought health care, the most common reasons for doing so included to **confirm that the abortion was complete** (**82%**), or for a concern about bleeding, discharge, or fever (**11%**).



72% of people experienced **cramps** that **would stop and start** (not continuous). To help alleviate or prevent pain, **63%** of people took **painkillers** while **9%** used alternative pain management techniques such as **taking a shower, using a heating pad, drinking tea, taking herbs, using massages, listening to music, or watching TV**.



Learn more about this study here:

thesafestudy.net

Get more information about self-managed medication abortion on the accompaniment group websites:

Argentina: <https://socorristasenred.org>

Nigeria: <https://giwynn.org/ms-rosy-hotline/>

