

An Abortion Pill Safety Plan: What You Need to Know

Your Guide to Preparation, Support, and Emergency Care

Medical abortions are increasingly self-managed, and having a safety plan in place is essential for your well-being. Preparing ahead can help you stay calm, informed, and ready to handle any situation that may arise. Here's a guide to creating an abortion pill safety plan.

Why a Safety Plan Matters

Self-managed medical abortions can be safe and effective, but it's important to be prepared in case something doesn't go as planned. A safety plan ensures you have the support, resources, and information you need if you experience unexpected symptoms or complications.

Essential Information Before You Begin

- Has an ultrasound confirmed a living pregnancy in the uterus?
- Do you know how far along you are?
- Are you aware of any Sexually Transmitted Infection (STI)?
- Do you know your blood type?

If you're missing any of this information, reach out by calling or texting **763-531-9554** to get details and schedule a Free Pre-Abortion Testing appointment.

Establish Your Support

Choose Someone to Be with You during the abortion process.

1. Who will be with you during the abortion?
2. What days/hours will someone be with you?

Write down their name and availability so you have support when you need it most.

Plan for Emergencies:

3. Where will you go for a medical emergency?
4. How will you get there?
5. Who is driving you to the emergency room?

Keep the address and phone number of your chosen facility handy and confirm transportation arrangements ahead of time.

Recognize When Medical Care Is Needed

Seek medical help immediately if you experience any of the following:

- A fever of 100.4°F or higher that lasts more than 4 hours
- Severe abdominal pain
- Heavy bleeding (soaking through two thick, full-sized pads per hour for two hours in a row)
- Weakness, nausea, vomiting, or diarrhea for more than 24 hours
- Fainting, fast heartbeat, severe dizziness
- Trouble breathing
- Rash, itching, or swelling

What to Tell the Emergency Room

If you need to go to the ER, be clear and honest about:

- The drugs you took
- Your exact symptoms

This information helps healthcare providers give you the safest and most effective care possible.

Final Thoughts

Having a well-thought-out safety plan when considering a drug induced medical abortion is crucial. Gather essential health information, build a network of support, and be aware of the warning signs that require urgent medical attention. Preparation not only protects your health but also gives you peace of mind throughout the process.

Before an Abortion, it's important to have the right screenings to protect your health and determine your eligibility. Our **free pre-abortion testing** includes:

- A [lab-grade pregnancy test](#)
- A limited ultrasound
- STI testing for chlamydia and gonorrhea
- A medical consultation to review your options and any associated risks

This appointment is a vital first step to confirm your pregnancy and avoid unnecessary procedures or costs. Please call Crystal Women's Clinic at 763-531-9554 to schedule.