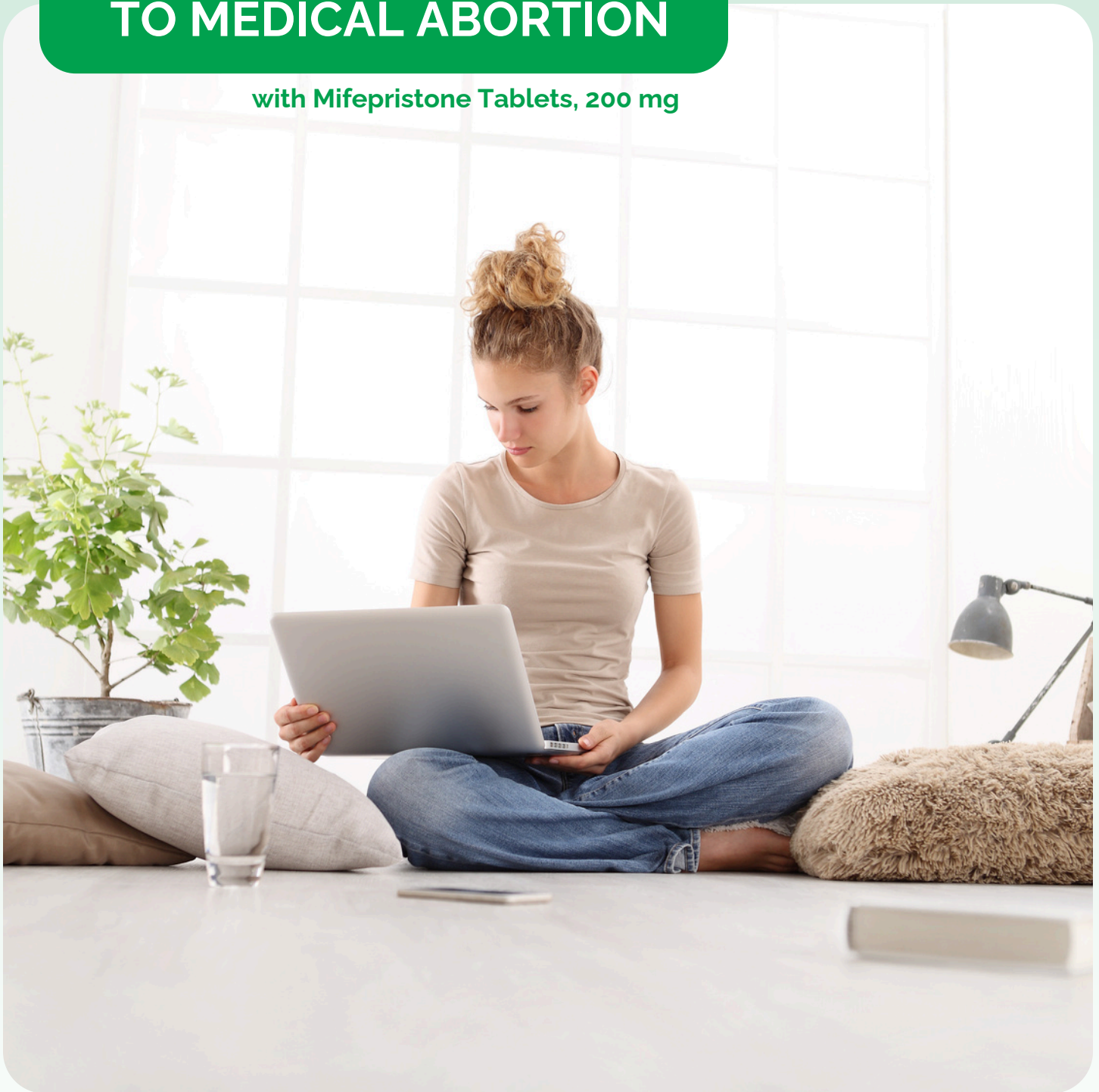


YOUR COMPANION GUIDE TO MEDICAL ABORTION

with Mifepristone Tablets, 200 mg



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Review the *Medication Guide* and talk to your healthcare provider about if Mifepristone Tablets, 200 mg is right for you.

We understand you may still have some questions about medical abortion. This *Companion Guide* is designed to support you throughout your care and reinforces the information that your doctor has already shared about preparation, timing, and when to seek help. Let's get started.



Taking Your Pills

Talk to your provider to see if Mifepristone Tablets, 200 mg is right for you and read on for more information about taking your pills.

Mifepristone Tablets, 200 mg is taken with misoprostol to end an early pregnancy. Early pregnancy is 70 days or less (10 weeks or less) since you began your last menstrual period. Mifepristone Tablets, 200 mg, is not approved for ending a pregnancy that is further than 70 days.

Mifepristone works by blocking the hormone needed for a pregnancy to continue. Misoprostol is taken to trigger the uterus to contract and expel the pregnancy.

BEFORE TAKING MIFEPRISTONE TABLETS, 200 mg
You should talk to your healthcare provider about all your medical conditions to find out if this medication is right for you.

Certain People Should Not Take Mifepristone

Mifepristone Tablets, 200 mg is not for everyone. Do not take this medication if you:

- Have a pregnancy that is more than 70 days (10 weeks) along.
- Are using an IUD (intrauterine device) or IUS (intrauterine system). It must be removed before you take Mifepristone Tablets, 200 mg.
- Have been told by your healthcare provider that you have an ectopic pregnancy (a pregnancy outside the uterus). Mifepristone Tablets, 200 mg is not effective at ending ectopic pregnancies.
- Have chronic adrenal failure (problems with your adrenal glands).
- Take medicine to thin your blood.
- Have a bleeding problem.
- Have porphyria.
- Take certain steroid medicines.
- Are allergic to mifepristone, misoprostol, or medicines that contain misoprostol, such as Cytotec or Arthrotec.

How Do I Get Mifepristone?

Mifepristone is prescribed by a healthcare professional

It can be obtained from a provider at a healthcare facility, or by using a prescription from a certified pharmacy. Some pharmacies and states give you the option to have the mifepristone mailed to you.

Before you get your prescription for Mifepristone Tablets, 200 mg, you will review and sign a Patient Agreement and a Medication Guide, as required by the US Food and Drug Administration (FDA). The Medication Guide provides detailed instructions on how to take mifepristone, what to expect during the process, and how to know when to seek help.

The information below does not replace the need to review the *Medication Guide*

Important Steps in Your Medical Abortion Timeline

Getting your medication

1. Receive a Patient Agreement from your healthcare provider. Review it, ask your provider questions, and sign it.
2. Receive a Medication Guide, instructions, and contact information from your healthcare provider, including who to contact if they're not available.

My provider's name: _____
My provider's phone number: _____

Alternate provider's name and phone number: _____
3. Hear from your healthcare provider about how to take Mifepristone Tablets, 200 mg and understand when to take the misoprostol tablets.
4. Receive your prescription for one 200 mg tablet of mifepristone and four misoprostol tablets. Your healthcare provider may have them for you to take home, or will write you a prescription to be filled and picked-up at a certified pharmacy.

How to Prepare for Treatment

- Talk to your healthcare provider about your plan for taking misoprostol. Misoprostol may cause heavy vaginal bleeding, cramps, nausea, diarrhea, and other symptoms, which may make work or school uncomfortable. These symptoms usually begin within 2 – 24 hours of taking misoprostol. Choose a time and place that makes you feel comfortable.
- Get your healthcare provider's phone number in case you have questions during the procedure. Be sure to get the name and phone number of the healthcare provider who will be handling any emergencies, and talk to your healthcare provider about going to an emergency room if neither contact is reachable.
- Make sure you have pads on-hand when you take the misoprostol tablets so you can monitor how much you are bleeding. You can use tampons and menstrual cups when you feel ready, but it is easier to understand how heavy your bleeding is when using pads.
- Talk to your healthcare provider about what medicine you can use to address symptoms like cramping and nausea. Taking other prescription or over-the-counter medicines (including herbal medicines or supplements) at any time during the treatment period can interfere with treatment; discuss your options for symptom-relief with your healthcare provider before the treatment.
- Consider telling a friend or family member you trust about your medical abortion so you have support during the process.

DAY 1

Take one Mifepristone 200 mg Tablet by mouth.

Date and time you took mifepristone: _____

DAY 2–3

24 to 48 hours after taking Mifepristone Tablets, 200 mg, take 4 misoprostol tablets by placing 2 tablets in each cheek pouch (the area between your teeth and cheek) for 30 minutes and then swallow anything left over with a drink of water or another liquid.

- Expect cramping and heavy vaginal bleeding within 2 – 24 hours
- Take medicine for symptoms you experience, as needed, based on your conversation with your healthcare provider
- Monitor for symptoms that require immediate medical attention
- Expect that spotting may last several days

Date and time you took misoprostol: _____

DAY 7–14

Follow-up with your healthcare provider 7 to 14 days after taking the Mifepristone Tablets, 200 mg to ensure you are well, that you have had bleeding, and the pregnancy has passed from your uterus.

Date and time of your follow-up appointment: _____

When to Seek Immediate Medical Attention

Rarely, serious and potentially life-threatening bleeding, infections, and other problems can occur after a miscarriage, surgical abortion, medical abortion, or childbirth. Serious infection has resulted in death in a very small number of cases. There is no evidence that use of mifepristone and misoprostol caused these deaths.

Seek medical attention as soon as possible if you experience:

- Heavy bleeding that soaks through two thick, full-size sanitary pads per hour for two consecutive hours.
- Abdominal pain or feelings of weakness, nausea, vomiting, or diarrhea, with or without fever, for more than 24 hours after taking misoprostol.
- Fever of 100.4°F or higher that lasts for more than 4 hours. This may be a sign of serious infection.

Cramping and vaginal bleeding are expected with this treatment, and usually indicate that the treatment is working. But sometimes you can get cramping and bleeding and still be pregnant. This is why you must follow-up with your healthcare provider.

About 2 to 7 out of every 100 individuals will require a surgical aspiration procedure to end the pregnancy or stop bleeding, making the follow-up critical.

After the treatment

You can become pregnant again right after your pregnancy ends. If you do not want to become pregnant again, start using contraception as soon as your pregnancy ends or before you resume sexual intercourse.

If you cannot reach your healthcare provider, go to the nearest hospital emergency room if you experience any of the below symptoms.

Evita Solutions believes everyone deserves access to safe, affordable, high-quality, and compassionate healthcare—including abortion care. We know you can make the decision that's best for your body and your life.

We partner with the medical community to champion access to medical abortion and are dedicated to ensuring that everyone can access the high-quality care they deserve. Your future. Your choice.

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