

A Step-by-Step Guide to Abortion



Abortion is a safe and effective way to end a pregnancy. [PlannedParenthood.org](https://www.plannedparenthood.org) or another abortion provider on [AbortionFinder.org](https://www.abortionfinder.org) can help you understand your options.

Here are the 5 steps to getting an abortion. To begin, select which type of abortion works best for you.

Learn more about the differences between options at [plannedparenthood.org/consideringabortion](https://www.plannedparenthood.org/consideringabortion)



Medication Abortion

Abortion with pills

An option up to 11 weeks into pregnancy. It can cost up to \$750, but it's often less. You can have the abortion at home. Learn more at [plannedparenthood.org/abortionpill](https://www.plannedparenthood.org/abortionpill)



In-Clinic Abortion

Abortion done in a health center

It's a very quick procedure. It costs up to \$750 in the first trimester, up to \$1,500 in the second trimester. Learn more at [plannedparenthood.org/inclinicabortion](https://www.plannedparenthood.org/inclinicabortion)

Step 1 Learn about the laws in your state

Varies state-by-state

Laws vary by state, but here are the things you should consider:

- Find out if there's a waiting period in your state.** Some states have waiting periods, which means having an appointment and then waiting 1-3 days before having your abortion.
- Learn about the laws in your state at [AbortionFinder.org](https://www.abortionfinder.org).** Abortion laws vary by state, including whether or not it's legal and how late into pregnancy you can get one. You may need to travel to another state for care.
- If you're under 18, find out if you need parental consent.** Some states require people under 18 to get parental consent or notify a parent. You can get around this with a judicial bypass. Learn more at [reprolegalhelpline.org/jb-contact-the-helpline/](https://www.reprolegalhelpline.org/jb-contact-the-helpline/)
- If you're worried about digital data privacy,** check out [digitaldefensefund.org/ddf-guides/abortion-privacy](https://www.digitaldefensefund.org/ddf-guides/abortion-privacy).

Step 2 Book appointment

Applies to everyone

- Book your appointment online or by phone.** Most abortion funds and financial assistance require you to make your appointment first. You can find a provider at [plannedparenthood.org](https://www.plannedparenthood.org) or [AbortionFinder.org](https://www.abortionfinder.org).

Step 3 Figure out logistics and cost

Varies state-by-state

Insurance coverage and financial assistance also vary. Here are some options to consider:

- See if your insurance covers abortion.** Sometimes health insurance covers abortion. Call your insurance provider to find out if that's true for you.
- If not, reach out to the health center where you have your appointment.** They may be able to help you cover the cost of your abortion, as well as other costs like travel.
- Abortion funds** may also be able to help you cover both medical costs and travel costs. To learn more, visit [abortionfunds.org](https://www.abortionfunds.org).

Step 4 Prepare for your abortion

Applies to everyone

 **Medication Abortion**

- Get your pills.** In some states you can do a video visit and get the abortion pills mailed to you, or you may visit a health center to pick up your pills. You may also be given anti-nausea medicine. Learn more at abortionpillstates.org
- Collect supplies for after the abortion.** You'll have bleeding & cramping, so get:
 - Maxi pads
 - Pain medicine like ibuprofen or acetaminophen

 **In-Clinic Abortion**

- Arrange for travel.** If you had sedation, you'll need someone to drive you home from your appointment.
- Collect supplies for after the abortion.** You'll have bleeding & cramping, so get:
 - Maxi pads
 - Pain medicine like ibuprofen or acetaminophen

Step 5 Know what to expect after your abortion

Applies to everyone

 **Medication Abortion**

You can expect cramps and bleeding, which should lighten up as the hours and days go by. It can last several hours, and ranges from a little uncomfortable to very painful. You may see large blood clots or clumps of tissue.

Any chills, fever, or nausea you have should go away within a day. Call your doctor or health center right away if you have nausea, vomiting, diarrhea, or a fever for more than 24 hours after taking misoprostol (the second set of pills). It could be a sign of an infection. Learn more at afterinclinicabortion.org

 **In-Clinic Abortion**

Right after your abortion, you'll rest in a recovery room for up to around an hour. If you had any kind of sedation, you should have someone else help you get home safely. Plan on taking it easy for the rest of the day. You can go back to work, school, driving, exercise, and most other normal activities the next day if you feel up to it.

It's normal to have some bleeding after your abortion. You may spot for several weeks, or have no bleeding at all. Learn more at afterabortionpill.org

Emotional well-being

You may have a range of emotions after having an abortion. This is totally normal. You can text Exhale (exhaleprovoice.org) at 617-749-2948 or call All-Options (all-options.org/find-support/talkline) at 888-493-0092 for free and private support.

