

# YOU HAVE A RIGHT TO...

## 1. Practice self-care

### You need an ultrasound to:

- Confirm your pregnancy is in the uterus and not an ectopic pregnancy, which can be life-threatening
- Determine how far along you are
  - Accurate dating of your pregnancy is critical
  - How far along you are will determine the type of abortion procedure
- Verify the baby has a heartbeat
  - **As many as 1 in 4 pregnancies can end in miscarriage**
  - If you are miscarrying, you do not need to go through or pay for an abortion

## 2. Prioritize your mental health

### Post-Abortion Syndrome:

Studies show that the following possible emotional side effects of an abortion may have a profound impact on women:

- Clinical depression and anxiety
- Drug and alcohol abuse
- Post-traumatic stress disorder (PTSD)-like symptoms
- Suicidal thoughts and behavior
- Regret/guilt
- Relational difficulties

### Did you know?

It is illegal for anyone to coerce you to have an abortion.

## 3. Be informed

### Know the risks:

- Pain
- Failed or incomplete abortion
- Hemorrhage
- Infection possibly leading to sepsis
- Organ damage
- Possible future fertility issues

**Based on the largest known study of the abortion pill released in 2025, more than 1 in 10 women experience serious complications which can be life-threatening.**

### Virtual appointments DO NOT provide:

- Medical evaluation & follow-up
- Emergency medical treatment
- Blood typing to determine Rh sensitivity
- STI testing
- Ultrasounds

## 4. Change your mind

If you have taken the first abortion pill (mifepristone) and then have second thoughts, call the **Abortion Pill Reversal (APR) Hotline (877) 558-0333**

## 5. Safe & professional medical service

### You have the right to:

- ✓ Be treated with dignity
- ✓ Have your confidentiality & privacy protected
- ✓ Receive multiple in-person visits and best practices including:
  - An initial consultation with the medical professional performing or prescribing your abortion during which they:
    - Clearly explain the abortion procedure
    - Provide instructions on how and when to take the prescribed medications for a chemical abortion, how to manage side effects and when to seek emergency care
    - Discuss all the potential risks & complications of your procedure and the treatment you will be provided if you experience complications
  - Post-abortion follow up appointment
- ✓ Know that pills you receive are from a regulated and reputable source
- ✓ Verify the medical professional and/or clinic has a current license and hospital privileges and has never had a suspended license or a history of malpractice claims
- ✓ Get a copy of your medical records
- ✓ Change your mind at any time before the procedure, even when you are on the exam table

