

MODULE 2:

ABORTION FAQS



SO, WHAT EXACTLY IS AN ABORTION?



AN ABORTION IS A PROCEDURE THAT ENDS A PREGNANCY.

The most common types of abortions are **medication abortion** (Mifepristone + Misoprostol) or **procedural abortion** (Suction/Aspiration or Dilation & Evacuation D&E). Medication abortion is the most popular, accounting for 63% of abortions nationwide. Folks often have a wide range of feelings before, during, and after getting an abortion, and that's okay! What's **MOST** important is making sure everyone can make the best choice for their body and their future.

ARE THERE DIFFERENT TYPES OF ABORTIONS?

YES!

There are many different types of abortions. The most common types of abortions are medication abortion (Mifepristone + Misoprostol) or procedural abortion (Suction/Aspiration or Dilation & Evacuation D&E). The type of abortion used is determined by gestational age (aka how many weeks along), availability, and personal preference.



MEDICATION ABORTION (AKA "THE ABORTION PILL" ... WELL PILLS)

- Medication abortion is a safe and effective way to end a pregnancy that **millions of people have safely** used over decades of abortion care.
- Medication abortion often includes two pills: mifepristone and misoprostol. A combination of mifepristone and misoprostol is the most common prescription for medication abortion, but misoprostol on its own can also cause an abortion.
- Mifepristone blocks the body's progesterone, stopping a fetus from developing. Then, 24-48 hours later, a dose of misoprostol induces cramping and empties the uterus.
- Medication abortion allows people to have an abortion in the comfort of their home – or wherever works best for them.

VACUUM ASPIRATION OR "SUCTION ABORTION"

- Performed in a clinic or health center, vacuum aspiration is another way to end a pregnancy and is most common during the first trimester.
- Vacuum aspiration uses dilation to open the cervix and gentle suction to empty the uterus.
- Vacuum Aspiration is typically used in the first trimester up until the 14-16 week mark.
- This procedure is much quicker than medication abortion and typically lasts about 5-20 minutes



DILATION & EVACUATION (D&E)

- Similar to vacuum aspiration, a D&E involves dilating the cervix and removing a pregnancy through suction and medical tools. This is typically done in a clinic or healthcare setting.
- This procedure is slightly more complicated and uses specialized medical tools to remove tissue. This method also requires a bit more prep time with folks using osmotic dilators or misoprostol to dilate the cervix before evacuation.
- D & E differs from vacuum aspiration as it can be done later in the pregnancy (second trimester), requires a bit more prep, and might require stronger sedation



HOW CAN SOMEONE ACCESS AN ABORTION?

The options for abortion access vary by state, so we encourage you to check out some of the resources below to find the best option for you. This could include options like a local clinic, telehealth provider, or medication abortion through a service like Plan C or MayDay Health for a self-managed abortion.

[I Need an A](#)

[Plan C Pills](#)

[AbortionFinder](#)

[Planned Parenthood](#)



HOW MUCH DOES AN ABORTION COST? WHAT IF I CAN'T AFFORD IT?



\$200
TO
\$4000

The cost of an abortion varies depending on the type of abortion, with costs ranging from \$200 to \$4000.

Some insurance plans cover abortion, and in some states, public insurance like Medicaid covers abortion! If you have insurance, check with your provider to see what is covered under your plan. HOWEVER, if you're on someone else's insurance plan (like mom or dad's) they may receive notifications of your insurance usage and some details on the type of service rendered.

If insurance isn't an option, some clinics have a sliding scale where abortions cost less for folks with lower incomes. If someone still can't afford an abortion, an **abortion fund** may be able to help cover the costs. Abortion funds are locally run organizations that provide financial support and sometimes even help with logistical support like transportation costs or hotel fees if someone does not have access to abortion in their local area.

Learn how to get help paying for an abortion via the [National Network of Abortion Fund](#)

IS ABORTION CARE LEGAL?

- Extremists who want to control our bodies and restrict our options have passed laws that make getting an abortion harder in many places.
- Abortion restrictions hurt young people the most, especially low-income and marginalized youth, because we already face higher barriers to accessing health care (like not having a car, or family judgment, or lack of funds, the list goes on!).

Because laws around abortion care are always shifting, it can be helpful to consult resources like:

[AbortionFinder's state-by-state policy guide](#)

[The Guttmacher Institute's fact sheets on state laws and policies](#)



SO IS ABORTION SAFE?



YES! YES! YES!

Don't let the extremists or TikTok influencers fool you, abortion is incredibly safe and is effectively used by tens of millions of people each year. Medication abortion is thoroughly tested and safer than some of the things you can get over the counter, like Tylenol. In fact, abortion has a lower rate of complications than wisdom teeth removal.

And remember, ultimately, abortion is a lot safer than childbirth, especially in a country with the highest maternal mortality rate amongst high-income nations. (and this doesn't even account for the racial health disparities within the maternal rate crisis- black women are more than 3 times more likely to die from childbirth than their white peers⁹⁹)

DOES HAVING AN ABORTION HAVE LONG-TERM EFFECTS ON FERTILITY?

Ugh, misinformation strikes again - In the **vast majority** of cases, abortion doesn't reduce future fertility. In very rare cases where complications arise or someone's medical situation is complex, infection or damage to the uterus may impact future fertility.

HOW CAN I SUPPORT A FRIEND BEFORE, DURING, AND AFTER AN ABORTION?

What a great question! Everyone has their own unique reaction to the abortion process. (Check out our catalogue of [abortion stories](#) to hear from folks who've had abortions) Some folks might need more emotional support, while others might want a bit more practical support.

Emotional Support

Emotional support can look like holding space to process feelings, offering to talk through their options, providing a distraction, giving them a hand to hold, making them laugh when things get overwhelming, and ultimately reassuring them that you'll be there no matter what.

Practical Support

Practical support means helping with the logistics side of getting an abortion. Things like finding a provider, driving someone to a clinic, preparing supplies for a self-managed abortion, providing childcare, or assisting with care during and after the abortion.



For more information on caring for a friend, consider becoming an abortion doula and check out the Youth Abortion Support Collection's [abortion doula training facilitation guide!](#)

Disclaimer

This resource is not intended to provide medical or legal advice. The information contained herein is for informational purposes only and should not be interpreted as substitute for professional medical or legal advice. Always seek the advice of a licensed healthcare provider with any questions you may have regarding a medical condition or treatment. Always seek professional legal advice to learn about and adhere to relevant federal, state or local laws and policies.

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