



Abortion Care Guide

People seek abortions for different reasons, at different points in their pregnancy. That means the care that makes sense for one person might not work for the next. Below are options for people seeking abortions at various points in their pregnancies.

YOUR BEST STARTING POINT

The most helpful resource we have found is this website, which will give you information about your options based on your age, zip code, and number of weeks since your last period: <https://www.ineedana.com/>. It shows clinics, state restrictions, funding resources including what each fund will cover (the medication, the travel, etc), information on the procedure, and more.

Important General Resources

- This is a legal helpline for people seeking information about their reproductive options: <https://www.ifwhenhow.org/repro-legal-helpline/>.
- Here is a fund for bail and defense for anyone arrested for abortion: <https://repro-legaldefensefund.org/>.
- Multi-lingual instructions on managing a safe medicated abortion: <https://www.howtouseabortionpill.org/>.

Access to Pregnancy Prevention

If you had unprotected sex or your protection failed, you can take Plan B, sometimes referred to as the morning after pill. Plan B is emergency contraception you take within 72 hours after unprotected sex. Here are the basics:

- The sooner you take it, the better it works.
- It helps prevent pregnancy, but does not work if you're already pregnant
- No ID or Rx is required to purchase
- It won't hurt your chances of getting pregnant in the future
- Plan B is less effective for people who weigh more than 155 lbs, in which case you will want to order the Ella morning after pill.
- You can find out more about Plan B, including how to buy it, at <https://www.plan-bonestep.com/>.

PRO-TIP

Since demand has spiked in recent weeks, some places are starting to limit purchases of Plan B. If you are currently sexually active or plan to be in the future, you may consider placing an order for a morning after contraceptive now, just so you have it when you need it. You can order some and get it in the mail in about a week here: <https://shop.planbonestep.com/>.

Access to Abortion Between 4-10 Weeks

Plan C

Prior to 10 weeks gestation, the safest and easiest way to access abortion is Plan C. Plan C is a medication abortion, or abortion pill, which is safe through eleven weeks since your last period (ten weeks by FDA guidelines). Plan C is prescribed by doctors, nurses, health clinics, and Planned Parenthood.

One of the benefits of Plan C is that it's available to you whether or not you live in a state that allows abortion under 8 weeks of pregnancy.

If you DO live in a state where abortion is legal up to 8 weeks, you can visit the website <https://abortionondemand.org/> to schedule Telehealth appointments for abortion pills.

If you live in a state where abortion is no longer legal up to 8 weeks: You can access Plan C by mail. Visit <https://www.plancpills.org/find-pills> to find resources for ordering Plan C, as well as legal guidance.

PRO TIP

If you are in early pregnancy and are still deciding on your next steps, order Plan C immediately. It can take up to 2 weeks to arrive, and that timeframe may be further delayed due to increased demand. Once you are past 10-11 weeks, you can no longer use Plan C, so you want to make sure you have it when you need it.

Access to Abortion 10 Weeks and Beyond

First, check to see if abortion is legal in your state, based on how far along in your pregnancy: <https://www.abortionfinder.org/abortion-guides-by-state>.

PRO TIP

Make your appointment now, find the resources to travel later. Clinic appointments are booking up fast. That means it's better to make your appointment FIRST and secure travel resources SECOND, so you aren't forced to further delay things. Appointment now, the rest later.

Consider how far along you are now and how long it will take you to get an appointment. (For example, if you're 18 weeks now, but will be 21 weeks when you can finally get an appointment... the legality of your procedure may change.)

Eighteen states allow for abortion up until viability, which is widely considered to be 24-28 weeks, though many of these states include exceptions for the health of the patient. Six states and Washington D.C. allow for abortion without gestational limitation. These include: Alaska, Oregon, Colorado, New Mexico, Vermont, New Jersey, D.C.

Regional Funds

- Midwest Access Coalition: <https://midwestaccesscoalition.org/>
- Northwest Abortion Fund: <https://nwaafund.org/>
- Access
- Reproductive Care - Southeast <https://arc-southeast.org/>
- Resources by state: <https://providecare.org/financial-resources-abortion/> .

National Funds

- National Database: <https://abortionfunds.org/need-abortion/>
- Women's Reproductive Rights Assistance Project (WRRAP): <https://wrrap.org/>
- National Abortion Federation Hotline: <https://prochoice.org/patients/naf-hotline/>
- Indigenous Women Rising: <https://www.iwrising.org/> for indigenous women.
- The Brigid Alliance helps fund travel, food, lodging, child care and other logistical support for abortions after 15 weeks: <https://brigidalliance.org/>.