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WE HAVE A BLOG!



*Keep up with our Reproductive
Liberation work and more at
Greatplainsaction.org*

**PLAN C:
A MEDICATION
ABORTION GUIDE**



Purpose

We are Great Plains Action Society, an Indigenous-led non-profit of folks living in the Great Plains region, resisting colonization and re-Indigenizing the land and the world around us. At Great Plains Action Society, our mission is to address the ongoing harm caused by settler-colonialism. One of the deepest harms that that colonization has brought is the disrespect of bodily autonomy, especially non-white, non-cishetero, non-male bodies.

Indigenous peoples have always had their own medicines and own practices concerning reproduction. Laws dictating what individuals can and cannot do with their bodies are in direct conflict with free cultural practice. Laws that prevent access to necessary medical care have and will continue to result in deaths, with these deaths concentrated in already underserved BIPOC communities.

1



FAQ

I had my medication abortion 3-5 weeks ago, is it bad that I am still bleeding?

On average, people bleed for 9-14 days, but some people bleed or pass clots for as long as 4 weeks. Schedule a doctor's appointment if bleeding is excessive (see pg. 23)

How long after having a medication abortion can I use tampons or have penetrative sex?

At least 1 week, use your best judgement after that.

Is it safe to do a medical abortion by yourself with abortion pills ordered online?

WHO says if you are in the first trimester you can self-administer both meds without the supervision of a healthcare provider so long as they are taken properly. Make sure to read the instructions or ask your counselor all of your questions before taking them.

How do I know if I'm allergic to the abortion pills?

Allergies to abortion pills is extremely rare (0.008%). When it does happen, it is generally no more than mild hives.

What painkillers can I use?

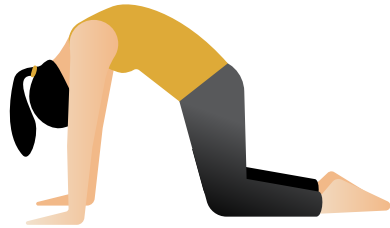
Ibuprofen and Acetaminophen are safe with Misoprostol with a little food. DO NOT use any muscle relaxers or anti-spasmodics. For best results, it's suggested to take painkillers approximately 1 hour before taking Misoprostol.

Have more questions about medication abortions?
Check out aidaccess.org's Abortion Pill FAQ page.

Movement!

You might've heard that exercise is good for period cramps, tried to push through a run, and thought that was bull shit. There is a nugget of truth to it but you're supposed to do LOW EFFORT exercise. The same is also true for medication abortions. Here's some low effort exercise you can try while recovering:

Yoga



Cycling



Walk with a friend!



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Our fight for reproductive justice is a fight for cultural sovereignty and also a fight for the safety and wellbeing of our communities.

This Zine is a compilation of resources, fun facts, and other information meant for educational purposes only. We highly encourage you do your own research, and this zine should be a great place to start! After Iowa's 6 week ban, accessibility and decreasing stigma around reproductive healthcare is vital to our fight for body sovereignty.

With Love
the GPAS team

Updated in February 2025

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IV. AFTER

Next Steps

Get a pregnancy test after at least two weeks (doing one too soon can result in a false positive and undue stress). If you test positive, you may need to seek medical attention. Call an abortion hotline like M+A hotline for more information. (see pg. 14 for list of hotlines)

Journal. If you have a trusted friend or family member who helped you out, process your emotions with them! There is so much you have just been through, take a moment to sit with the sadness, the joy, the grief, the empowerment, whatever it is your feeling. It's totally normal to be overwhelmed with conflicting emotions. I hope this zine helps you feel just a little like you weren't alone.



When to Seek Medical Attention

The chance of needing emergency care following a medication abortion is extremely low. 1 in every 2000 people.

The main thing to look out for is signs of infection. Particularly nausea and fever persisting for more than 24 hours after taking Misoprostol. Do not ignore these symptoms, they will require medical attention.

You could also experience excessive bleeding or persistent abdominal pain. You'll know when it's excessive bleeding if:

- you're needing 2+ pads/hour over a 2 hour period ~or~
- you pass blood clots larger than a lemon

If you have to call EMS while in an abortion ban state, we suggest saying you are having a miscarriage. **Complications from miscarriages and medication abortions have exactly the same symptoms AND treatment.**

Reading List and Sources

Our Favorite Reproductive Justice Zines:

- [Why is the government like this: A Zine About Fighting for Abortion Access and Reproductive Justice in the Age of COVID19](#) (this one is also online in spanish)
- [A Guide to Medication Abortion for Barnumbia](#)
- [The Plan B Nola Reproductive Health Zine](#)
- [Abortion is a form of Birth Control! And why having one isn't that big of a deal](#)
- [Abortion Pills by Mail](#)

Other zines by us:

- [End Stage Iowa: Big Ag's Sacrifice Zone and Indigenous Resistance](#)
- [Truthsgiving: Why we Must Abolish Colonial Holidays that Perpetuate Dangerous Stereotypes and Whitewashed History](#)

We used so many sources for this zine, and there are so many resources to check out. It would be crazy if we tried to stuff them all in here, but hear me out... what if we put them on a web page?



1. HISTORY



What is Medication Abortion?

Mifepristone and Misoprostol used together are the main form of medication abortion. First, Mifepristone is taken to stop progesterone, the hormone that helps a fertilized egg stick to the uterus lining (endometrium) and grow. Then, Misoprostol is taken (within 48 hours) to empty the uterus. This is currently the most effective method of abortion with pills. According to the National Academies of Sciences, Engineering, and Medicine, 98% of abortions using this method are without consequences.

This method is typically used up to 11 weeks from the first day of your last period.

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What to Expect

This information pertains to specifically medication abortions. Some states require a counseling session 24 hours before the actual abortion. Call ahead to your chosen clinic with questions.



The clinician will give you the first pill, mifepristone, at the clinic. You can also ask for anti-biotics.

You will be given misoprostol to take at home, 24-48 hours later. It's usually a set of 4 pills taken together.

Take it easy. Misoprostol causes cramps and clotted bleeding. It will feel like a very heavy period. Expect a mild fever and nausea, these symptoms should not last longer than several hours.

Treat yourself. Get your hot water bottle, tea, snacks and your favorite bingeable TV show. Take some ibuprofen and Tylenol, and call a friend. Plan for 2 full days of cramps, bleeding, tender breasts and fatigue. You will likely have a follow up appointment 7-14 days later.



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III. DURING

Road Trip Playlist

Don't Stop Me Now

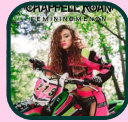
Queen

3:29



Paint the Town Red

Doja Cat



Femininomenon

Chappell Roan



Hiss

Megan Thee Stallion



Sound & Color

Alabama Shakes



You Don't Own Me

Lesley Gore



Q.U.E.E.N.E.

Janelle Monae



I Will Survive

Gloria Gaynor



Dance You Outta My Head

Cat Janice



Scars to your Beautiful

Alessia Cara



Bad Reputation

Joan Jett



Quick Stat Box!

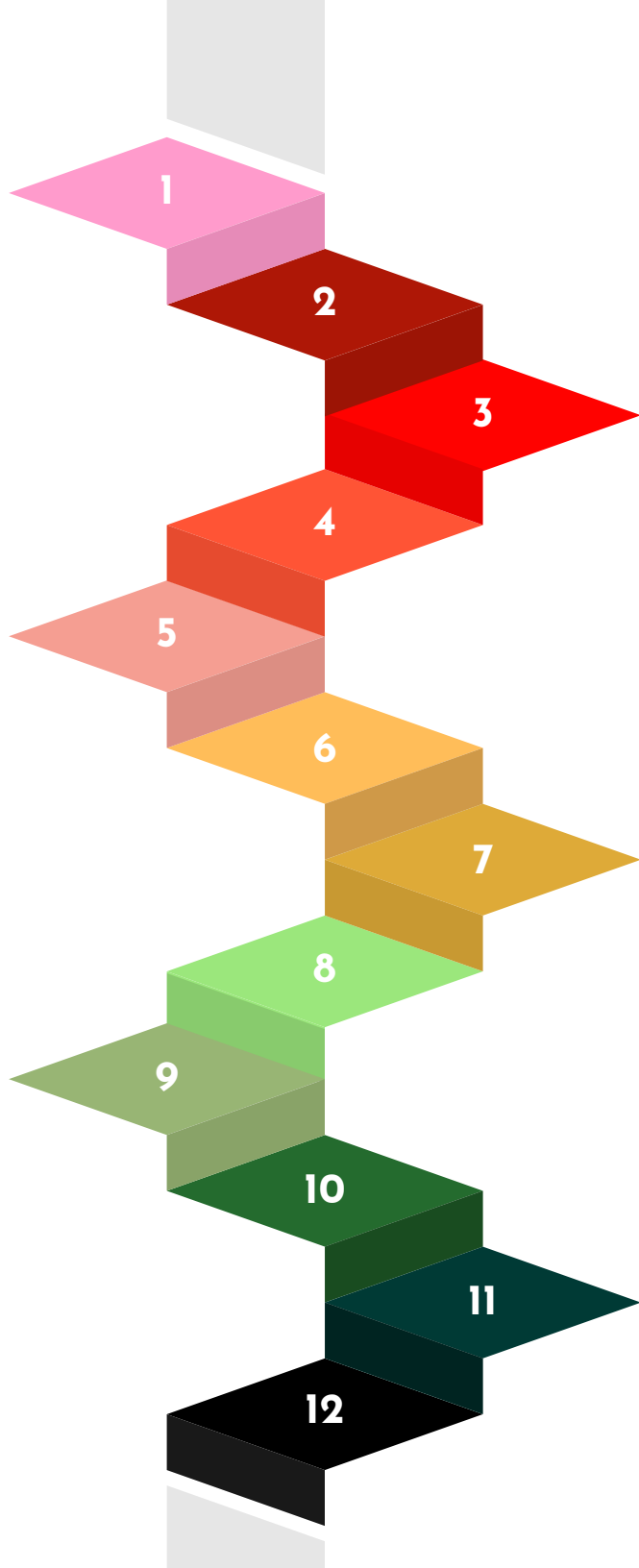
- 1 in 4 people capable of being pregnant will have an abortion (2024)
- 2 in 5 pregnancies are unintended (2015)
- 1 in 5 pregnancies are aborted (2020)
- 3 in 5 abortion patients are between the ages of 20 and 29
- more than 1 in 2 abortion patients have already given birth (2022)
- more than 1 in 2 abortion patients have not previously had an abortion before (2021)

These stats and more were found on Brookings article "Abortion in the US: What you need to know" by Isabel V Sawhill and Kai Smith



AN INCOMPLETE TIMELINE OF ABORTION IN THE USA

7



What's an Abortion Fund?

According to the National Network of Abortion Funds: "Abortion funds are organizations that directly support people seeking abortions. Some funds provide money for abortion procedures. Others help arrange travel, childcare, food, and supplies. Many abortion funds offer other services related to reproductive health and justice in their communities."

With abortions and reproductive care being so hard to reach in Iowa, abortion funds are more vital than ever. There are hundreds across the country serving their local communities. Some provide assistance nationally. Iowans have access to:



To find these abortion funds and more, follow this QR code to National Network of Abortion Funds webpage:



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8. Rockford Family Planning Center



Hours

Phone Number

M: 8am - 4pm
 Tu: CLOSED
 W: CLOSED
 Th: 8am - 4pm
 F: 8am - 4pm
 Sa: 8am - 12pm
 Sun: CLOSED

(779) 500 - 0791

Address

611 Auburn St, Rockford, IL 61103

Insurance

Arise, BCBS Federal, Blue Cross Blue Shield, Humana, Physicians Plus, Security Health Plan, Trilogly Common Ground, United Health Care, Unity, WEA Trust, Quartz

9. Planned Parenthood - Mankato Health Center



Hours

Phone Number

M: 9am-5pm
 Tu: 10am - 6pm
 W: 9am - 5pm
 Th: 10am - 6pm
 F: 9am - 5pm
 Sa: CLOSED
 Sun: CLOSED

(630) 585 - 0500

Address

340 Stadium Rd Suite 400, Mankato, MN 56001

Insurance

Aetna, Blue Cross Blue Shield, Blue Plus, Health Partners, Itasca Medical Care, Medica, Hennepin Health, Minnesota Medicaid, Patient Choice, Preferred One, Prime West, South Country Health Care, UCare, United Healthcare, WPS Medicare.



Looking for abortion pills by mail? This QR code is for plancpills.org.

They've compiled ongoing lists of legit websites that sell or provide abortion medication by mail and their pricing.

1

1776 - Mid 1800s:

Abortion is socially unacceptable, but legal and not uncommon.

2

1821:

Connecticut becomes the first state to restrict abortion.

3

~1865/Civil War Era:

White male gynecologists, supported by the catholic church, start smear campaigns and lobbying to outlaw midwives.

4

1910:

Abortion was banned Nation wide, but white, wealthy women were known to travel to access abortion

5

Late 1960s:

11 states legalize abortion after years of women's rights campaigning

6

1970-1976:

Documented, organized, government sanctioned eugenics campaign to sterilize indigenous people

7

1973:

Roe V Wade legalizes abortion across all states.

8

1977:

Hyde Amendment was passed, banning the use of ANY government funding for abortions (ei: Medicaid)

9

1980-1988:

French researchers at Roussel- Uclaf invent Mifepristone and it is officially approved for use in 1988 by the French government.

10

1989:

FDA bans Mifepristone. Russel-Uclaf bans Mifepristone distribution in the US.

11

Early 1990s:

President Clinton orders an investigation into Mifepristone. Two years later, Roussel-Uclaf agreed to give the Population Council the patent rights to mifepristone in the United States.

12

2000

Mifepristone is finally approved for Medication Abortion after many complications

NOT-SO-FUN FACTS

Half of the midwives in the US's first century were Black women, often enslaved, followed by Indigenous peoples, and some white women.

The first anti abortion laws in the 1800s were explicitly written to further strip black slaves of their bodily autonomy.

For indigenous peoples, this would come in the form of banning all cultural practices, which was a ban that lasted for over 100 years.

It would later become publicly known that outlawing midwives was motivated by racist men seeking power over women, money, and a desire to separate their work as "elite", accredited practitioners.

Medication Abortions Only

6. CARE - Clinics for Abortion and Reproductive Excellence



Hours

M: 8am - 5pm
Tu: 8am - 5pm
W: 8am - 5pm
Th: 8am - 5pm
F: 8am - 5pm
Sa: 8am - 3pm
Sun: CLOSED

Phone Number

(402) 291 - 4797

Address

1002 W Mission Ave #201, Bellevue, NE 68005

Insurance

From their site: "We accept cash, credit, or debit. Our billing specialist can consult with you about using your insurance."

7. Planned Parenthood - Ottawa Health Center



Hours

M: 8am - 6pm
Tu: 8am - 5pm
W: 10am - 5pm
Th: 8am - 5pm
F: CLOSED
Sa: CLOSED
Sun: CLOSED

Phone Number

(815) 433 - 4111

Address

612 Court St, Ottawa, IL 61250

Insurance

Aetna, Beech Street, Blue Cross Blue Shield, Cigna, Consociate Dansig, Coventry, Harken Health, Health Alliance, Health Link, Health Spring, Humana, MultiPlan Network, United Healthcare, Golden Rule

4. Planned Parenthood - Madison East



Hours

Phone Number

M: 8:30am - 4:30pm
 Tu: 8:30am - 4:30pm
 W: 8:30am - 4:30pm
 Th: 8:30am - 4:30pm
 F: 8:30am - 4:30pm
 Sa: CLOSED
 Sun: CLOSED

(844) 493 - 1052

Address

3706 Orin Rd, Madison, Wisconsin 53704

Insurance

Arise, BCBS Federal, Blue Cross Blue Shield, Humana, Physicians Plus, Security Health Plan, Trilogy Common Ground, United Health Care, Unity, WEA Trust, Quartz

5. Whole Women's Health of Minnesota



Hours

Phone Number

M: 8am-5pm
 Tu: 8am-5pm
 W: 8am-5pm
 Th: 8am-5pm
 F: 8am-5pm
 Sa: 8am - 2pm
 Sun: CLOSED

(612) 376 - 7708

Address

8053 E Bloomington Fwy Suite 450,
 Bloomington, MN 55420

Insurance

Aetna, BCBS of Kansas City, Cigna, Humana, United Healthcare, Bright Health, ProviDrs WPPS

These travel times, even with assistance from abortion funds, are INCREDIBLY inaccessible in times of emergency. It should not have to come to dying or traveling hours to receive care.

*Omaha only provides procedural abortions up to 12 weeks, per Nebraska's 12 week abortion ban.

II. BEFORE

What to have on hand



- 01 Maxi Pads
- 02 Hot Water Bottle
- 03 Iron rich foods
- 04 Tea
- 05 Books Movies Crafts
- 06 Treats



WE HAVE RECOMMENDATIONS!

Most period products were found to have lead in them in 2024. Here is a short list of brands that were tested to be lead free:

Pads & Tampons:

- Cora
- L.
- Luna (reusable)
- Seventh Generation Free and Clear

Other products*:

- Flex Disc
- Diva Cup
- OrganiCup
- Saalt Cup
- Knix period underwear

DIY Heat Pack!

1. Fill a sock with rice
2. Leave enough room at the top to close the opening by sewing it shut or tying it with a rubber band or string
3. Microwave on high for ~3 minutes
4. Done! Reheat as needed

Indigenous peoples have used tea to treat period pains for centuries.

Try:

- Turmeric
- Ginger
- Peppermint
- Thyme
- Red Raspberry Leaf
- American Skullcap
- Cranberry Juice (also helps with UTI pain)

1. Planned Parenthood - Omaha Health Center*



Hours

M: 8:30am - 4:30pm
 Tu: 11am - 7pm
 W: 8:30am - 4:30pm
 Th: 8:30am - 4:30pm
 F: 8:30am - 4:30pm
 Sa: 10am - 3pm
 Sun: CLOSED

Phone Number

(877) 859 - 0589

Address

3105 N. 93rd St, Omaha, NE 68134

Insurance

Aetna, Amerihealth, Cigna, Coventry, First Choice Midwest, First Health, Hawk-i, Health Alliance, HealthChoice, Humana, Meridian, Midlands Choice, MultiPlan/PHCS, Tricare, UHC, Wellmark BCBS

2. Planned Parenthood - Comprehensive Health Services



Hours

M: 8:30am - 6pm
 Tu: 8:30am - 6pm
 W: 8:30am - 6pm
 Th: 8:30am - 6pm
 F: 10am - 6pm
 Sa: 8:30am - 6pm
 Sun: CLOSED

Phone Number

(913) 345 - 1400

Address

4401 W 109th Street, #100, Overland Park, KS 66211

Insurance

Aetna, BCBS of Kansas City, Cigna, Humana, United Healthcare, Bright Health, ProviDrs WPPS

3. Planned Parenthood - Aurora Health Center



Hours

M: 10am - 6pm
 Tu: 8am - 2pm
 W: 10am - 5pm
 Th: 9am - 5pm
 F: 8am - 4pm
 Sa: 8am - 3pm
 Sun: CLOSED

Phone Number

(630) 585 - 0500

Address

3051 E. New York St, Aurora, IL 60504

Insurance

Aetna, Beech Street, Blue Cross Blue Shield, Cigna, Consociate Dansig, Coventry, Harken Health, Health Alliance, Health Link, Health Spring, Humana, MultiPlan Network, United Healthcare, Golden Rule

9 CLOSEST ABORTION CLINICS

What is a Procedural Abortion?

A Procedural Abortion refers to abortions that take place in clinic, most often a Suction Abortion (aka Vacuum Aspiration). It uses gentle suction to empty your uterus. It's usually used until about 14-16 weeks of gestation. After 16 weeks, you might instead need a Dilation and Evacuation (D&E). It uses suction and medical tools to empty your uterus.

Both procedures are relatively safe, and access to them are vital. Procedural abortions are also used to prevent sepsis after someone has had a miscarriage. With abortions banned after 6 weeks of gestation, procedural abortions are NOT available in Iowa. If a patient needs one, they will likely only be able to get one if they cross state lines.

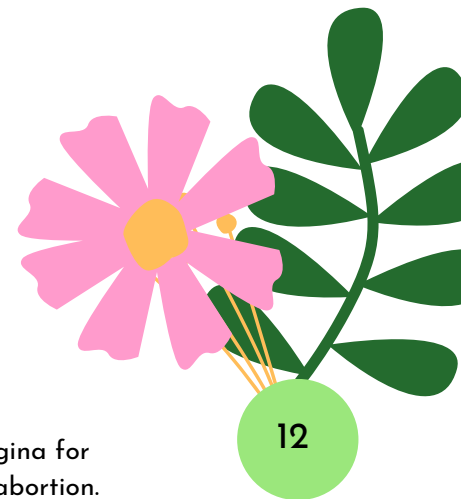
Procedural Abortions Available:

- Planned Parenthood - Omaha Public Health Center*
- Planned Parenthood - Comprehensive Health Services of Overland Park
- Planned Parenthood - Aurora Health Center
- Planned Parenthood - Madison East
- Whole Women's Health of Minnesota

Not everyone wants to eat a spinach salad every time they get their period. Here's some iron rich meal ideas:

- Tomato Basil Omelette
- Beef and Broccoli
- Collard Greens
- Beet salad w/ spinach
- Orange chicken/tofu
- Steak and Potatoes
- Medium Rare Steak (treat yourself)
- Indian Curry with Lentils (Dal is great)
- Chili (heavy on beans and tomatoes)
- Spinach and Strawberry salad
- Vodka pasta with italian sausage (use enriched pasta, we like Aldi's Hot Italian sausage)

Chocolate has been proven to reduce period cramps! But be careful, sugar has also been proven to make cramps worse.



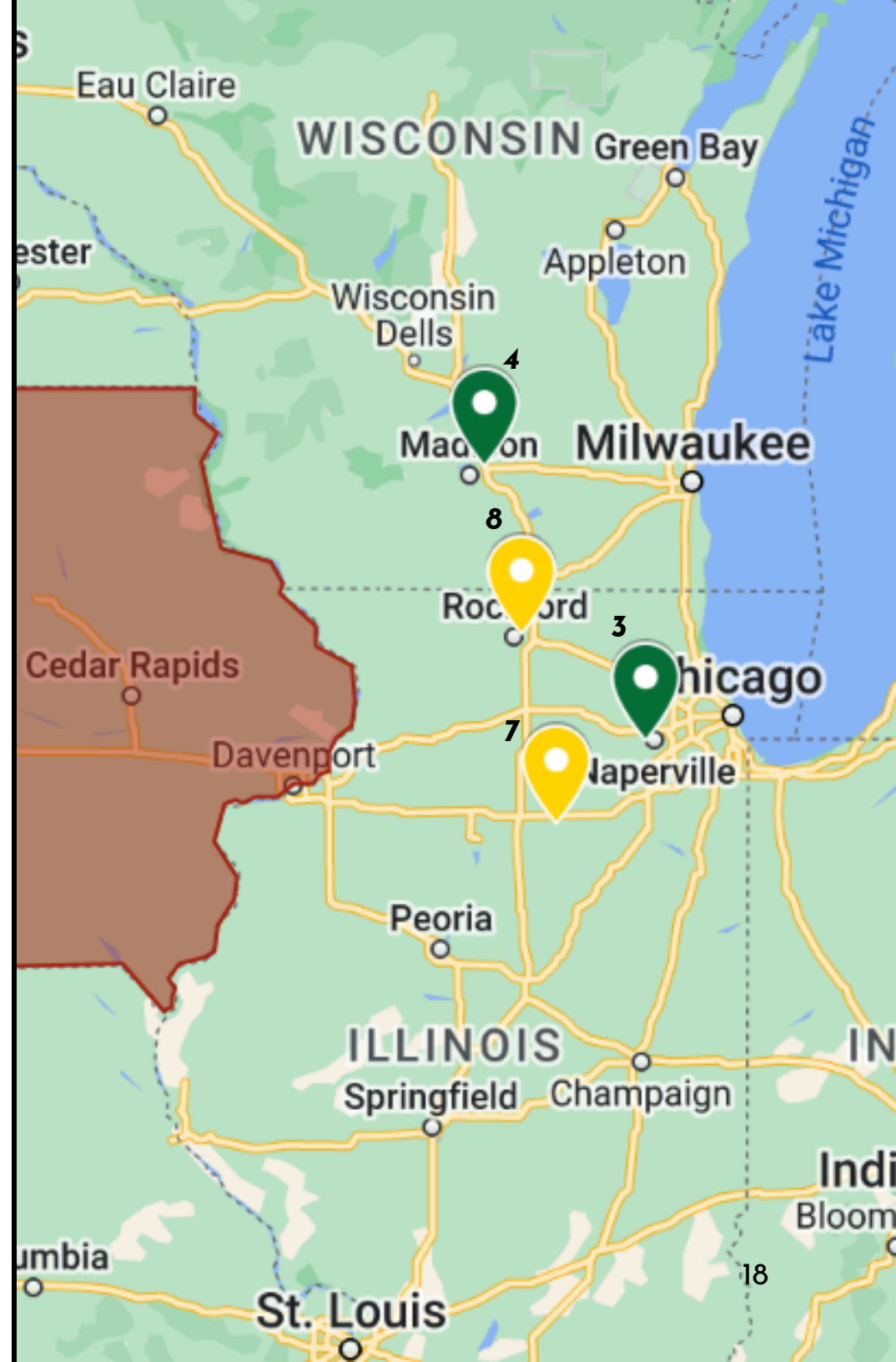
*nothing should be inserted into the vagina for at least 7 days following a medication abortion. These suggestions are for regular periods only.

Support Network

Needing an abortion is already a highly stressful time. Most often, we would encourage you to gather your people to support you-- people you love and trust to have your back while you recover-- but for now, while Abortion is still criminalized beyond the 6 week mark, it's safest to tell as few people as possible. Counselors and therapists are mandated reporters and are legally required to report any life threatening behavior (which could include acquiring an abortion).

That said, it is entirely your choice to tell people about your abortion. Only 1 in 3 people tell their families and 62% tell their sexual partner.

You should never feel obligated to justify your decision.



9 CLOSEST ABORTION CLINICS



Should you need to, both Planned Parenthood and the National Abortion Hotline can help. Both have the resources and will help you plan how to receive care in another state.

EMS	911
National Abortion Hotline	1-800-772-9100
Miscarriage + Abortion Hotline	1-833-246-2632
Reprocare Healthline:	1-833-226-7821
National DV Hotline	1-800-799-7233
Iowa Legal Aid Hotline	1-800-770-1650
Iowa Coalition Against DV	515-244-8208
Iowa Coalition Against SA	515-244-7424
Iowa Legal Aid	1-800-532-1275

All of these hotlines have great information on their websites!





Finding a Clinic



You can still get an abortion in Iowa before 6 weeks of gestation at the Planned Parenthood in Ames or the Emma Goldman clinic. For those who are beyond 6 weeks, there are still options.

Aid Access is an organization that provides telehealth appointments to receive mifepristone and misoprostol by mail. The service costs \$150 and has even more information than we could provide here on their website: aidaccess.org/ Abortion on Demand is another organization that provides medication abortions by mail but doesn't provide services in Iowa at this time.

Medication abortions and procedural abortions are also available in person out of state. In the next few pages, we've provided info about the closest clinic to 4 major cities in Iowa **that provide services beyond 6 weeks.**

We used abortionfinder.org/ to find these clinics.



Plan to stay a few days. Some states require a counseling appointment at least 24 hours before your actual abortion. If you need financial support in order to reach a clinic, abortion funds exist to help you afford and get an abortion.

BEWARE OF CRISIS CLINICS

Crisis pregnancy centers (CPCs) are run by national anti-abortion organizations. Their primary mission is to block access to abortion services by spreading disinformation and delaying access to a full range of prenatal and abortion care. They masquerade as abortion clinics to get you to waste time until it's too late to get one. Typically, they are NOT legit medical clinics, nor do they provide comprehensive care.