

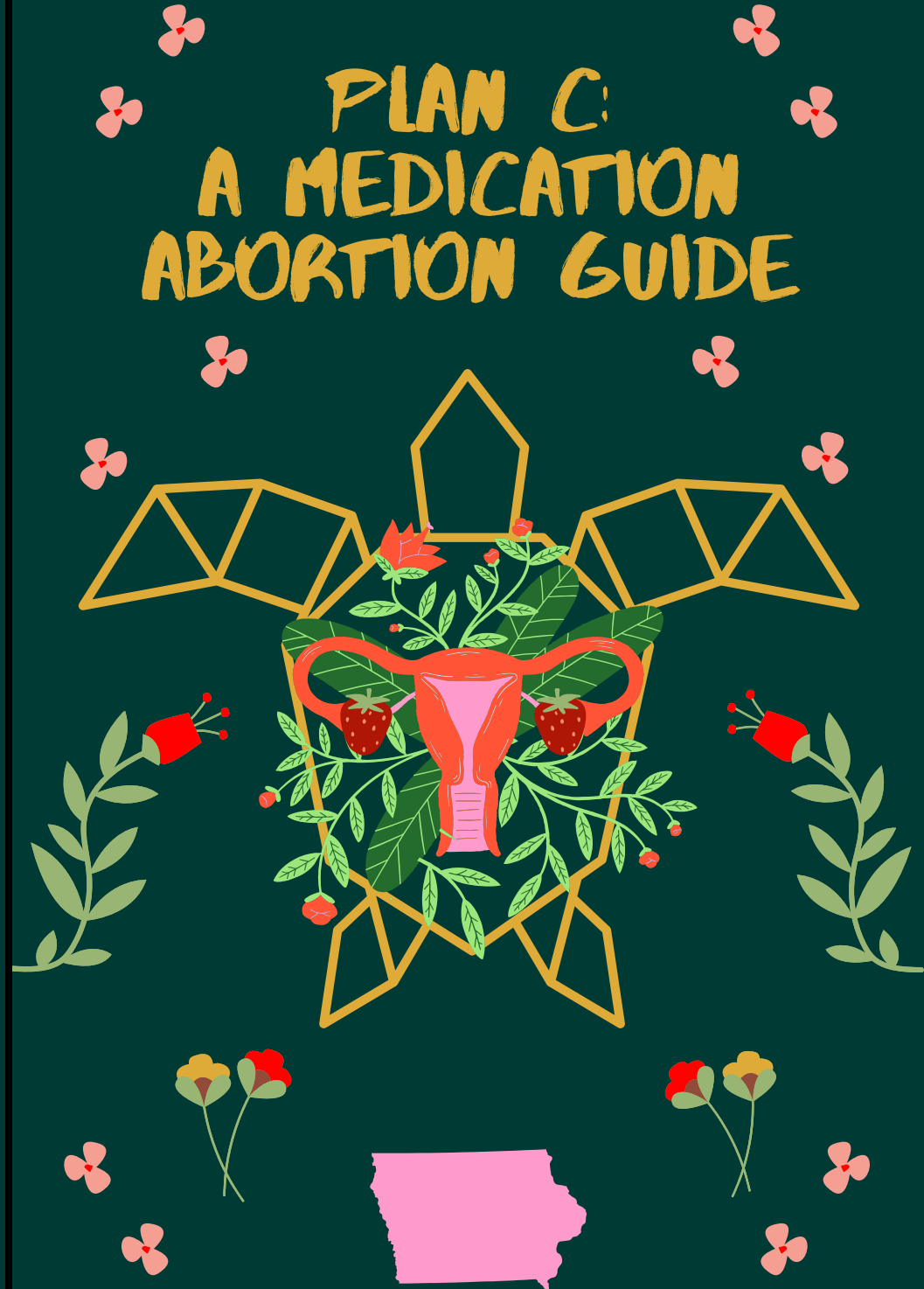
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**WE HAVE A BLOG!**



*Keep up with our Reproductive  
Liberation work and more at  
[Greatplainsaction.org](https://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](https://aidaccess.org)'s Abortion Pill FAQ page.

# 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.

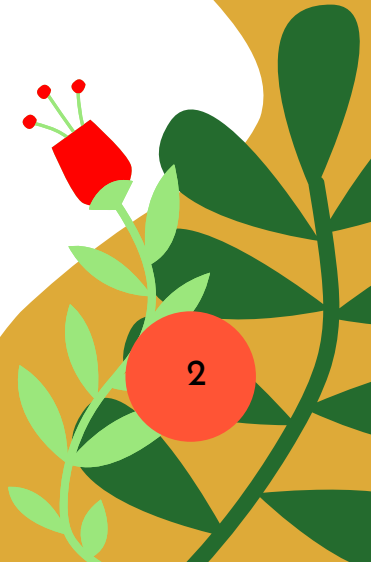


Our fight for reproductive justice is a fight for cultural sovereignty and also a fight for the safety and wellbeing of our communities.

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

Written in November 2024



# CONTENTS

## I. The Basics

- What is Medication Abortion? 5
- An Incomplete Timeline of Abortion in the USA 7
- Not-so-Fun Facts 9

## II. Before

- What to have on hand 10
- Support Network 13
- Hotlines 14
- Finding a clinic 15

## III. During

- Road trip Playlist 21
- What to Expect 22
- When to seek Medical Attention 23
- Movement 24

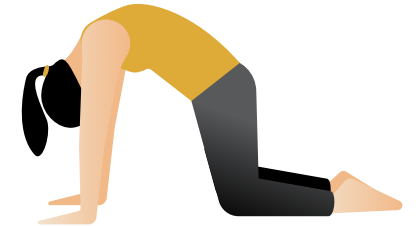
## IV. After

- Next Steps 25
- FAQ 26

## 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!**



## 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. THE BASICS



## 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.

5



## 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.



22

# III. DURING

Road Trip Playlist

Don't Stop Me Now

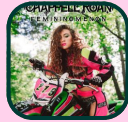
Queen

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

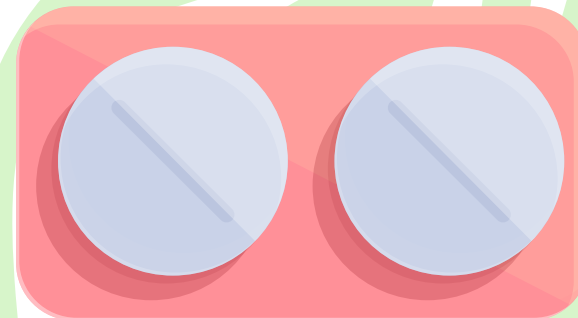
Joan Jett



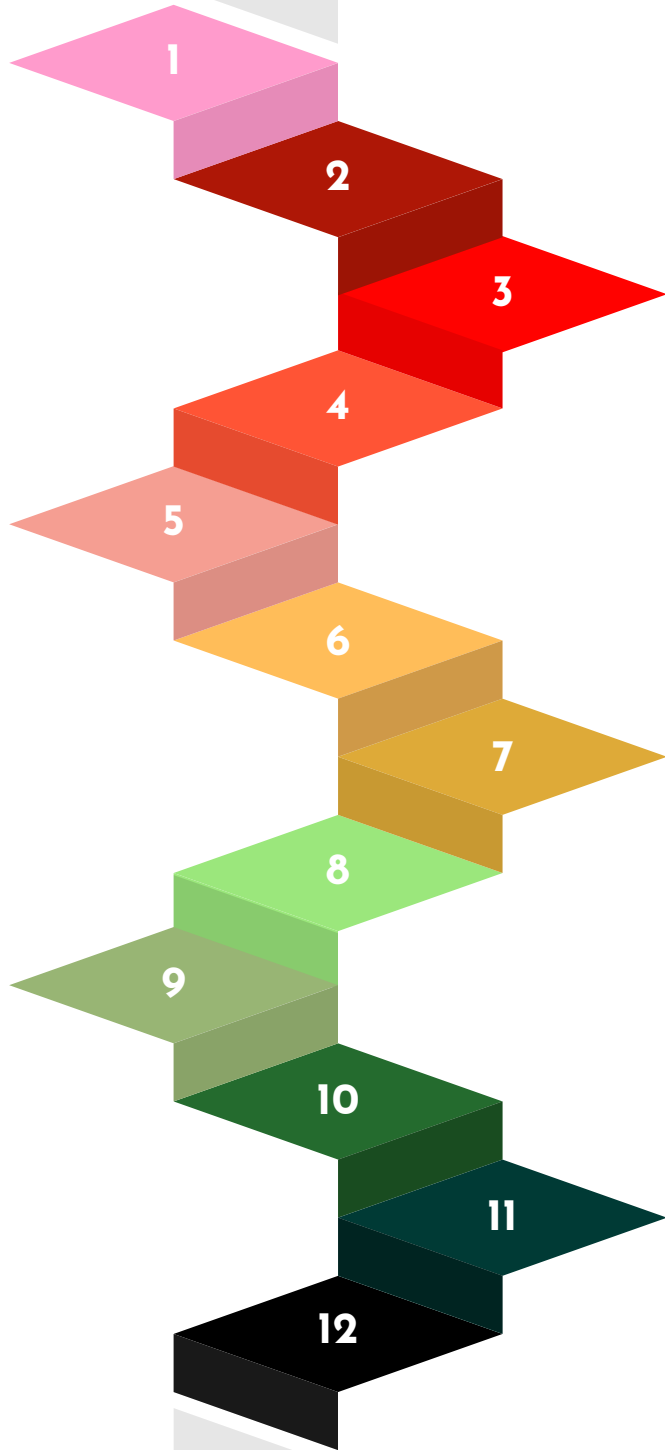
## Quick Stat Box!

- 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

**The closest abortion clinic to Davenport is**  
 Planned Parenthood - Ottawa Health Center  
 612 Court Street, Ottawa, IL 61350

**Hours**

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

**Phone Number**

(815) 433 - 4111

**Distance**

101 miles, ~1 hrs 35 mins

**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

**Cost**

Pill Abortion: \$XX  
 Available up to 11 weeks  
 Procedure Abortion: N/A

**The closest abortion clinic to Davenport is**  
 Planned Parenthood - Aurora Health Center  
 3051 E. New York St., Aurora, IL 60504

**Hours**

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

**Phone Number**

(630) 585 - 0500

**Distance**

142 miles, ~2 hrs 20 mins

**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

**Cost**

Pill Abortion: \$XX  
 Available up to 11 weeks  
 Procedure Abortion: \$XX  
 Available up to 22 weeks

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.  
 (We were not able to find the costs of these services. We will update as we find this information.)



**The closest abortion clinic to Cedar Rapids is**

Rockford Family Planning  
611 Auburn St, Rockford, IL 61103

**Hours**

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

**Phone Number**

(779) 500 - 0791

**Distance**

270 miles, 4 hrs 5 mins

**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

**Cost**

Pill Abortion: \$XX  
Available up to 10 weeks  
Procedure Abortion: N/A

**Avoid**

The Pregnancy Care Center of Rockford- a neighboring pro-life org, they do not provide or refer abortions or contraception.

**The closest abortion clinic to Cedar Rapids is**

Planned Parenthood - Madison East  
3706 Orin Road, Madison, WI 53704

**Hours**

M-F: 9am - 5pm  
Sa, Sun: CLOSED

**Phone Number**

(844) 493 - 1052

**Distance**

172 miles, 2 hrs 55 mins

**Insurance**

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

**Cost**

Pill Abortion: \$XX  
Available up to 10 weeks  
Procedure Abortion: \$XX  
Available up to 19 weeks

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.

## The closest abortion clinic to Sioux City is

Planned Parenthood - Omaha Health Center  
3105 N. 93rd St, Omaha, NE 68134

### Hours

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

### Phone Number

(877) 859 - 0589

### Distance

100 miles, ~1 hrs 30 mins

### 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

### Cost

Pill Abortion: \$XX  
Available up to 11 weeks  
Procedure Abortion: N/A

### Avoid

Essential Pregnancy Services - a neighboring pro-life org, they do not provide or refer abortions or contraception.

## The closest abortion clinic to Sioux City is

Whole Women's Health of Minnesota  
8053 E Bloomington Fwy, #450, Bloomington, MN 55420

### Hours

M-F: 8am - 5pm  
Sa-Sun: CLOSED

### Phone Number

(612) 376 - 7708

### Distance

263 miles, ~4 hrs 15 mins

### Insurance

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

### Cost

Pill Abortion: \$XX  
Available up to 11 weeks  
Procedure Abortion: \$XX  
Available up to 21 weeks

### The closest abortion clinic to Des Moines is

Planned Parenthood - Omaha Health Center  
3105 N. 93rd St, Omaha, NE 68134

#### Hours

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

#### Phone Number

(877) 859 - 0589

#### Distance

143 miles, ~2 hrs 15 mins

#### 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

#### Cost

Pill Abortion: \$XX  
Available up to 11 weeks  
Procedure Abortion: N/A

#### Avoid

Essential Pregnancy Services - a neighboring pro-life org. they do not provide or refer abortions or contraception.

### The closest abortion clinic to Des Moines is

Planned Parenthood - Comprehensive Health Services  
4401 W 109th Street, #100, Overland Park, KS 66211

#### Hours

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

#### Phone Number

(913) 345 - 1400

#### Distance

210 miles, ~3 hrs 10 mins

#### Insurance

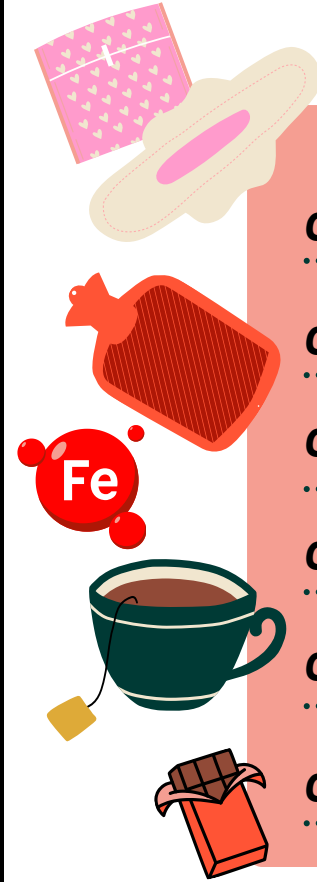
Aetna, BCBS of Kansas City, Cigna, Humana, United Healthcare, Bright Health, ProviDrs WPPS

#### Cost

Pill Abortion: \$XX  
Available up to 11 weeks  
Procedure Abortion: \$XX  
Available up to 21 weeks

## 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

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)

## 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

## Finding a Clinic

**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. Iowans have access to:

- Iowa Abortion Access Fund
- Midwest Access Coalition
- NAF Hotline Fund
- Justice through Empowerment Network

## 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.



## 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/](https://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.

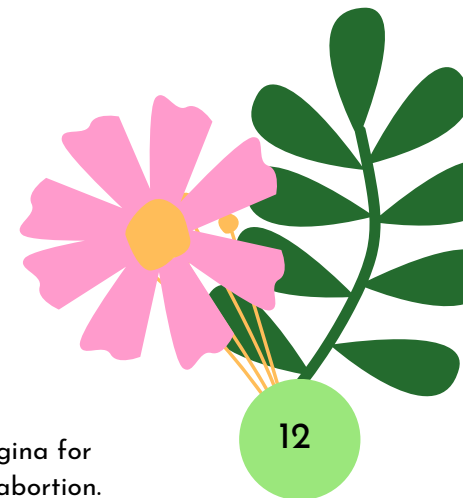
We used [abortionfinder.org/](https://abortionfinder.org/) to find these clinics.



**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.**



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!

