

A Step-by-Step Guide to Abortion in Washington State

Abortion is a safe and effective way to end a pregnancy. Visit ppgwni.org to learn more about your options.



Planned Parenthood of Greater Washington and North Idaho

Here are the 5 steps to getting an abortion in Washington State. To begin, select which type of abortion works best for you.

Learn more about the differences between options at plannedparenthood.org/consideringabortion



Medication Abortion

Abortion with pills

"Abortion pill" is the common name for using two different medicines to end a pregnancy: mifepristone and misoprostol. An option up to 11 weeks into pregnancy.

Learn more at: plannedparenthood.org/abortionpill



In-Clinic Abortion

Abortion done in a health center

A medical procedure that ends a pregnancy. In-clinic abortions are safe and effective. They are sometimes called surgical abortions, though they're generally an in-office procedure, not surgery.

Learn more at: plannedparenthood.org/inclinicabortion

Step 1 Learn about the laws in Washington State

How Washington protects abortion rights:

- Abortions are legal up to the point of fetal viability (as determined by a provider) or to protect the life or health of the pregnant individual.
- No waiting periods are required to access an abortion.
- People of any age have the right to independently consent for their own abortion care. Parental involvement is not required.
- You do not have to be a state resident nor a citizen of the United States to get abortion services here.

Learn more at: doh.wa.gov/you-and-your-family/sexual-and-reproductive-health/abortion

Step 2 Book an appointment

Book your appointment online at ppgwni.org, or by phone at **866-904-7721**. Please note, most abortion funds and financial assistance require you to make your appointment first.

Step 3 Figure out logistics and cost

Insurance coverage and financial assistance also vary. Here are some options to consider:

- **See if your insurance covers abortion.** Sometimes health insurance covers abortion. Call your insurance provider to find out if that's true for you
- **If not, call 866.904.7721 to speak with a Patient Navigator about financial assistance.** They may be able to help you cover the cost of your abortion, as well as other costs like travel and childcare.
- Abortion funds may also be able to help you cover both medical costs and travel costs. To learn more, visit nwaafund.org.



Step 4 Prepare for your abortion



Medication Abortion

Abortion with pills

- You will have heavy cramping and bleeding after taking the pills, so make arrangements to be at home or somewhere comfortable. **Plan to take it easy for the day!**
- **Collect supplies for after the abortion.** You'll have bleeding and cramping, so get:
 - Maxi pads
 - Pain medicine like ibuprofen or acetaminophen



In-Clinic Abortion

Abortion done in a health center

- **Arrange for travel.** If you had sedation, you'll need someone to drive you home from your appointment.
- **Collect supplies for after the abortion.** You'll have bleeding and cramping, so get:
 - Maxi pads
 - Pain medicine like ibuprofen or acetaminophen

Step 5 Know what to expect after your abortion



Medication Abortion

Abortion with pills

You can expect cramps and bleeding, which should lighten up as the hours and days go by. It can last several hours, and ranges from a little uncomfortable to very painful. You may see large blood clots or clumps of tissue.

Any chills, fever, or nausea you have should go away within a day. Call your doctor or health center right away if you have nausea, vomiting, diarrhea, or a fever for more than 24 hours after taking misoprostol (the second set of pills). It could be a sign of an infection.



In-Clinic Abortion

Abortion done in a health center

Right after your abortion, you'll rest in a recovery room for up to around an hour. If you had any kind of sedation, you should have someone else help you get home safely. Plan on taking it easy for the rest of the day. You can go back to work, school, driving, exercise, and most other normal activities the next day if you feel up to it.

It's normal to have some bleeding after your abortion. You may spot for several weeks, or have no bleeding at all.

Emotional well-being

You may have a range of emotions after having an abortion. This is totally normal. You can text Exhale (617-749-2948) or call All-Options (888-493-0092) for free and private support.

