

EXHIBIT 29



(<https://www.abuzzhealth.com>)

Frequently Asked Questions* (<http://abuzzhealth.com/faqs#disclaimer>)

Services | *About Abortion Pills* | *Before Taking Abortion Pills* | *How to Use Abortion Pills* |
During An Abortion With Pills | *After An Abortion With Pills*

Services

I can't afford \$145. Can I still get help?

—

Yes, you can still get help! Just let your provider know what you can afford when you fill out the form.

Can I get abortion pills even if I'm not pregnant?

—

Yes, clinicians offer abortion pills "just in case" you do get pregnant. These are sometimes called "advance provision" or "pills for future use." Financial assistance is limited for this service, so there is a minimum fee of \$90.

Do I have to have a video visit or phone call?

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In most cases, a phone or video call is not required. Everything is done through the intake form. You will receive a phone number so that you can contact the medical team for any follow up questions. We are here to support you if you choose.

What happens after I fill out the form?

—

We will connect you with a provider that is best suited to support your care. The provider will arrange payment with you and review your file. They might ask you some follow up questions. If you are eligible to receive services, they will mail you abortion pills.

How do I get started?

—

Fill in the form here. (<https://www.abuzzhealth.com/get-access-today/>)

About abortion with pills

What comes in the abortion pill kit?

—

The package contains FDA-approved medications that can be used to end a pregnancy at home.

How do the abortion pills work?

—

There are two medications used for an abortion with pills.

Mifepristone blocks a hormone the pregnancy needs to keep growing. Misoprostol causes the uterus to contract and push out the pregnancy.

How effective are abortion pills?

—

The combination of mifepristone and misoprostol has been shown to be 98% effective at ending a pregnancy.

Are abortion pills safe?

—

They are very safe – safer than Tylenol and safer than driving in a car! The risk of severe, life-threatening complications requiring hospitalization is less than 1%.

Will the abortion pills affect my ability to get pregnant in the future?

—

No, abortion pills do not affect your future fertility. You can still get pregnant again.

I have an Rh negative blood type. Will I need Rhogam if I am less than 12 weeks when I take the abortion pills? —

No, Rhogam is only needed for people with Rh negative blood *after* 12 weeks.

Do abortion pills increase the risk of infection? —

Infections from abortions are very rare. They occur in less than 2% of all abortions and usually are easily treated with antibiotics when they do occur.

How far in pregnancy can I use abortion pills? —

The clinicians we refer to will send the pills to people up to 12 weeks and 6 days pregnant. If you are 13 weeks pregnant or more, you can find services [here](#).

What is an ectopic pregnancy and how would I know if I had one? —

Ectopic (tubal) pregnancies are located outside of the uterus. The risk of having an ectopic pregnancy is very low (less than 2%), but if it bursts it is a medical emergency. The only way to know for sure if you have an ectopic pregnancy is by ultrasound. If you are pregnant and have any of the following signs of a ruptured ectopic pregnancy, you should go to the hospital right away: severe abdominal pain on one side, dizziness, lightheadedness, feeling very weak. There is a higher risk of ectopic pregnancy if you have an IUD or history of ectopic pregnancies.

Will the pills work if I have an ectopic pregnancy? —

The abortion pills will NOT work for an ectopic pregnancy. If you take abortion pills and do not have any bleeding within 24 hours after taking misoprostol, you should speak to your abortion pill provider right away. They may recommend an ultrasound to check the location of the pregnancy.

Can I use abortion pills if I have an IUD in place? —

It is very rare to become pregnant with an IUD in place. If you are pregnant with an IUD, there is a higher risk of it being an ectopic pregnancy. Ectopic pregnancies are dangerous because they can burst suddenly and cause severe internal bleeding. While an ultrasound is not required, it would show the location of the pregnancy and the IUD. You don't need to have the IUD taken out before taking abortion pills. They will still work

(unless it is an ectopic pregnancy) and a risk is that the IUD may come out with the pregnancy. Since you have become pregnant, it also means you will need to have the IUD replaced after the abortion since it is no longer working correctly.

I got an abortion pill kit for future use. How long is it good for?

—

You can store the pills for at least two years (and probably longer) in a cool, dry, dark place. It's not recommended to store them in the bathroom because the heat and humidity can make the pills less effective.

Before taking abortion pills

What should I do before taking abortion pills?

—

Before taking pills, it is helpful to do a pregnancy test to confirm you're pregnant. This avoids taking pills unnecessarily and prevents confusion. If you don't want to take a pregnancy test, you don't have to. You should also estimate how far along the pregnancy is. Pregnancies are measured starting from the first day of your last period (and not from conception or when you had sex). You can figure out how far along the pregnancy is using your last period in a [**pregnancy calculator like this one**](https://form.jotform.com/231711180285248) ([**https://form.jotform.com/231711180285248**](https://form.jotform.com/231711180285248)) or by getting an ultrasound.

What kind of pregnancy test should I use before taking the pills?

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Almost any pregnancy test will work. Dollar store tests work great. We do not recommend using any digital (positive/negative or +/-) pregnancy tests because we have noticed many people having false positives (a positive test result when they are not actually pregnant).

Do I need to get an ultrasound before taking abortion pills?

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No, getting an ultrasound is not required for most people. You do not need to get an ultrasound as long as your provider can figure out how far along your pregnancy is and you do not have signs of an ectopic pregnancy.

How should I get ready to take my abortion pills?

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1. Read our information on how to take the pills, what you might see and feel, and how to identify signs of complications.
2. Have a plan for where and when you will take the pills. You will want to be in a comfortable place and have access to a bathroom for up to 12 hours after taking misoprostol (the second medicine).
3. Have a plan for how to get emergency medical care in the unlikely event that you need it. It can be good to have a support person (in-person or virtually) (<https://community.reprocare.com/>) in case you need help – especially the day you take misoprostol because this is when you'll have the most cramping/pain and bleeding.
4. Have on hand whatever you usually use to help with your periods (ex: large overnight pads, painkillers, anti-nausea medicine, heating pads, comfortable clothes, snacks, netflix/movies, etc).

How to use abortion pills

How should I take the abortion pills?

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These instructions (<https://www.abuzzhealth.com/instructions/>) follow guidance from the World Health Organization. (<https://www.who.int/publications-detail-redirect/9789240039483>)

How do I take misoprostol?

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Misoprostol can be taken in 3 different ways – under the tongue, in the cheek pocket, or in the vagina. All 3 ways are very effective, the one you choose mainly comes down to personal preference.

The vaginal route may have less side effects like nausea and vomiting. However, pill fragments could remain and be found during a pelvic exam.

What can I take for nausea?

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You can take over the counter anti-nausea medicine like Unisom or Dramamine. Other things that can help with nausea include ginger tea, chewing gum, and sucking on hard candies.

What can I take for pain?

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1. It's most effective to wait until you feel some pain before taking painkillers (but do not wait until the pain is unbearable). You can take over-the-counter painkillers like ibuprofen (Motrin/Advil) and acetaminophen (Tylenol). You can take 600-800mg ibuprofen every 6-8 hours with food. You can take 1000mg of acetaminophen every 6 hours. You can also take ibuprofen and acetaminophen together. If you do not want to use ibuprofen, you can try taking naproxen (Aleve) 550mg every 12 hours. To be more comfortable during the process, you can also try using a hot water bottle or heating pad on the belly, listening to music, having a support person, being someplace private, etc.

Why do I start with fewer misoprostol pills when I'm 12+ weeks pregnant?

—

The farther along you are, the fewer misoprostol pills you need for each dose. After 12 weeks, people should take 1 mifepristone followed by 2 misoprostol pills repeated every 3 hours until the pregnancy passes.

Why do I have extra pills and what should I do with them?

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Extra misoprostol pills are included because some people need more medication to complete the abortion.

Please hold onto them for 1-2 months in case you need to take them.

What if I throw up after taking the abortion pills?

—

If you threw up after taking MIFEPRISTONE: As long as you kept the mifepristone down for at least 30 minutes, it will most likely be effective. If you vomited less than 30 minutes after taking mifepristone, it might not be as effective, so contact your provider for further information.

If you threw up after taking MISOPROSTOL: As long as you kept the misoprostol in your mouth for at least 20 minutes, that should be enough time for the medication to absorb and be effective. If you vomited less than 20 minutes after putting the misoprostol in your mouth, it's recommended to take anti-nausea medication, wait a few hours, and try again.

During an abortion with pills

What happens after taking the abortion pills? —

Most people don't have any symptoms after taking mifepristone. Some people might have light bleeding or nausea.

After taking misoprostol, you can expect bleeding and cramping. Other side effects of misoprostol include nausea, vomiting, headache, diarrhea, fever, and chills. These are usually temporary and go away on their own. If the fever (more than 101 degrees) continues for more than 24 hours after taking misoprostol, please contact your abortion pill provider because this can be a sign of infection.

How much bleeding and cramping will I have? —

Every person is different, and there is a range of normal bleeding and cramping. Most people have bleeding and cramping that is heavier than a period and can include blood clots the size of lemons. Some people only have light bleeding. It usually starts 4-6 hours after taking the misoprostol (the second medicine) and starts to slow down within 1 day. Some people have mild pain, and other people have very intense cramps.

What if I start bleeding/having a miscarriage before I use the abortion pills? —

Signs of a miscarriage don't always mean you had a complete miscarriage so it is recommended that you still use the abortion pills to make sure the pregnancy passes fully.

What are the side effects of misoprostol (the second medicine)? —

The side effects of misoprostol include nausea, vomiting, headache, diarrhea, fever, and chills. These are usually temporary and go away on their own. If the fever (more than 101 degrees) continues for more than 24 hours after taking misoprostol, please contact your abortion pill provider because this can be a sign of infection.

How much bleeding is too much?

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It is normal to have heavy bleeding and blood clots. If you are soaking 2 large overnight pads per hour for 2 hours in a row (4 pads in 2 hours) that is too much bleeding. You should seek medical attention right away if this happens. Sometimes providers recommend taking 2 more misoprostol pills to slow the bleeding down while waiting for medical attention.

What are signs of a complication?

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If you have very heavy bleeding (soaking 2 large overnight pads per hour for 2 hours in a row), fever for over 24 hours since taking misoprostol, or severe pain that is not relieved by painkillers, these are signs of severe medical complications, and you should seek medical attention right away.

Will anyone be able to tell that I took abortion pills?

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No, there are no tests to detect that you took abortion pills by mouth. The only way for the providers to know is if you tell them or if you took the pills vaginally and they see them on an internal exam. You do not need to say that you took abortion pills.

If I have to go to the hospital, what should I say?

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The treatment for a miscarriage and abortion are the same, so you can just say something like "I'm bleeding but it doesn't feel like my usual period. I'm afraid something is wrong" or "I'm pregnant and bleeding. I'm scared there's something wrong" and you should get the care you need.

After an abortion with pills

How do I know if the abortion pills worked?

—

Most people can tell if the pills worked by what they experience and how they feel. Some signs that the abortion pills worked can include: bleeding (light or heavy), cramping after taking the pills, passing clots and/or tissue, and no longer feeling pregnant. Pregnancy

tests can stay positive for up to 5 weeks after a successful abortion, so they are not reliable before that time. If you still feel pregnant, you should contact your abortion pill provider.

What if I have little or no bleeding after taking the abortion pills?

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This could be a sign that the pills didn't work, so you need to talk to your abortion pill provider for further guidance.

How long will I bleed after taking abortion pills?

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Bleeding should start to slow down after the pregnancy passes. However, light bleeding and/or spotting can continue off and on for up to 6 weeks. If you have been bleeding more than 6 weeks, contact your abortion pill provider.

What if I have vaginal odor after using the pills?

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Your vagina needs time to adjust to the changing hormones after ending the pregnancy, so any odor changes can be normal. Burning or pain from the discharge are reasons to seek medical attention.

When can I get pregnant again after an abortion?

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You can get pregnant as soon as 1 week after your abortion. If you want to prevent pregnancy, it is important to start birth control soon after your abortion.

When can I start birth control after my abortion?

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You can start most methods right away. If you start within 1 week, you are protected from pregnancy right away. Here is a guide (<https://www.bedsider.org/features/1319-how-to-start-birth-control-after-an-abortion>) to starting birth control after an abortion.

When can I start exercising or return to work/school after an abortion with pills?

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Everybody is different. Most people are able to return to normal activities the day after you finish taking misoprostol (the second medicine).

When can I have sex again after an abortion?

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This is up to you and what feels right for your body. You can have sex again whenever you feel ready.

* Nothing on this website is to be construed as medical advice. Please consult with a trusted healthcare professional before making any medical or healthcare decisions.



(<https://www.abuzzhealth.com>)

Abuzz: Abortion Pill Access At Home

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