

Self-Care is vital whether you carry a pregnancy or decide to release it. To prepare your body & help heal afterwards, boost your diet with fresh nutrient-dense foods as much as possible; take Vit C or immune-boosting herbs in preparation or afterwards; add herbal infusions such as nettle & red raspberry leaf before, during & in the postpartum weeks; take time to yourself to address any spiritual/emotional needs through prayer, meditation, counsel, etc.; & make sure to have a solid support person(s) throughout your experience. Also, please make sure to go into this decision of your own free will & autonomy. Do this (or not) for you & you alone.

SELF-CARE

Life & Death, Birth & Loss, are all aspects of living & the reproductive journey of womb-carriers. We have the right to not only birth our term-children at home, but to manage miscarriages & release pregnancies of our choosing at home as well. If this option appeals to you, we recommend doing as much research as possible on at-home pregnancy release & seeking out a full-spectrum doula &/or care provider such as a termination-friendly midwife or trained at-home pregnancy release care provider to assist you on this journey.

YOUR BODY, YOUR PREGNANCY, YOUR CHOICE

B/w 8-12 wks	- Miso-prostol alone - Miso-prostol + Abortion Pill - Vacuum Aspiration
12-16 wks	- WHO has found misoprostol alone to be effective up to 16 wks - Vacuum Aspiration - Can be Vacuum Aspiration or Induction <i>*Dependent on clinic access & state law</i>
16-20 wks	- Via Injection + Induction & reserved for fetal anomalies or threat to maternal welfare <i>*Dependent on clinic access & state law</i>
20+ wks	- Via Injection + Induction

Ovulation / Emergency / Contra-ception	- Plan B Pill <i>* must be taken at least two days prior to actual OV</i> - Copper IUD <i>*in-office procedure</i> - Queen Anne's Lace <i>*must begin regimen within 8 hrs of unprotected sex</i> - Herbs / Vit C <i>*20-60% effective, better chance earlier on</i>
Before Missed Period	- Herbs <i>*see above</i> - Miso-prostol alone - Miso+Abortion Pill
Before B/w 6-8wks	- Herbs+Miso-prostol - Miso+Abortion Pill - Vacuum Aspiration

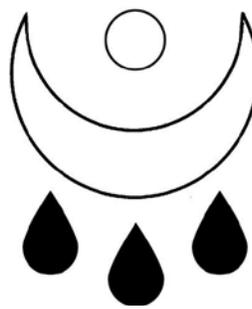
INFORMATION & HELP HOTLINES

- Womenhelp.org
- Womenonwaves.org
- Prochoice.org
- PlannedParenthood.org
- IWHC.org
- SisterZeus.com
- Abortionfunds.org
- All-Options.org / Pregnancy Crisis Hotline: 888 493 0092
- Post-Abortion Hotlines: 866 439 4253 / 866 4 EXHALE
- Rape & Sexual Assault Hotline: 800 656 4673
- Depression: 630 482 9696
- Queer Lifeline: 866 488 7386
- Trans Lifeline: 877 565 8860

DRAWING DOWN THE BLOOD MOON

A Pregnancy Release Informational Mini-Zine

By BRIGHID'S HEARTH Publishing



This guide is meant to provide information on all the options regarding releasing a pregnancy. As a sovereign being you have the right to make informed decisions about your body, regardless of the political climate or changes in law or medical access.

If you believe that you may be pregnant, lower-income retail stores sell \$1 tests and many women's clinics and Planned Parenthood provide free or low-cost tests & dating ultrasounds (U/S).

Once you determine you are pregnant & are sure on your dates (with or without U/S), you can make the best decision for you and your family.

1. Decide if you want to carry the pregnancy & keep the baby; carry the pregnancy & adopt the baby (open or closed); or release the pregnancy.
2. Depending on your needs, access, affordability, medical history & how far along you are, there are many options available to you for termination.
 - a. Decide if you want to release the pregnancy in a clinical setting or in the privacy & comfort of your own home
 - b. Decide if you want to release the pregnancy with or without a friend, doula, or home-release care provider.
3. Make arrangements to gather funds, supplies, support, childcare for older children, rides to/from clinic, herbs, etc.
4. Consider what needs you may have physically, emotionally & spiritually during this time, whatever your choice.