



GUIDING STAR SIOUXLAND C.A.R.E.S. GUIDE

CHEMICAL ABORTION &
REAL EMOTIONAL SUPPORT

*You Deserve
Real Care!*



CHECKLIST BEFORE CONSIDERING A MEDICATION ABORTION

Before taking the abortion pill at home, it is critical that you protect your health and ensure you are fully informed. Use the checklist below to prepare and identify potential risks:

- ☐ I understand that abortion pill reversal is available, and that if I take the first abortion pill (Mifepristone) and change my mind, I can still call 712-266-3282 to speak with a medical professional.
- ☐ I have received an ultrasound to confirm the age and location of my pregnancy. (If not, call 712-266-3282 to schedule that visit.)
- ☐ I have read this guide completely and understand the chemical abortion process and medical risks.
- ☐ I have someone who knows I am planning to take the abortion pill in case I experience a medical emergency.
- ☐ I understand that if I experience a medical emergency, it is important to tell the physician I have taken the abortion pill so I receive the right treatment, which does not violate any state's laws and I will not get into any trouble.



If any of these boxes remain unchecked, we strongly encourage you to pause and seek additional information or care before proceeding.
Your health, safety, and future matter.

A message from DeeAne Otto, GSS medical director

I know this may be a difficult and uncertain time for you. If no one has told you yet today – you are loved, and you matter.

As Guiding Star Siouxland's medical director, I want you to know that you are not alone. Guiding Star Siouxland believes every woman deserves real, compassionate, and complete care – healthcare that honors your body, your dignity, and your experience.

With care,

DeeAne Otto

If you're reading this, you've probably taken the abortion pill. No matter what brought you here, we are here for you. You deserve to be fully informed, empowered, and cared for every step of the way.

I want to reassure you that your body is not broken, and it is capable of incredible things. **Guiding Star Siouxland** specializes in truly *wholistic* women's healthcare, meaning we don't just focus on symptoms – we focus on you as a whole person: mind, body, and spirit.

As you move through this process, know that we have provided this **C.A.R.E.S. Guide** to help you navigate the next steps with as much clarity and control as possible. You are not alone, and you are worthy of genuine, life-affirming care.

If you ever have questions or need further support, our team is here. Call 712-266-3282 to schedule a confidential **pre-abortion or post-abortion evaluation at no cost**. You can always reach out.



Who we are: **GUIDING STAR SIOUXLAND** SERVING NORTHWEST IOWA

At Guiding Star Siouxland, we believe that women's bodies are good and that true healthcare should never require altering, suppressing, or destroying the normal, healthy functions of the natural female body.

We recognize that many women today have been told otherwise – that their fertility is a problem, that their natural cycles need to be controlled, or that pregnancy is a disease. We reject that notion and instead provide wholistic, natural, and empowering healthcare that supports your body's design rather than working against it.

If you have taken the abortion pill, you may be facing unexpected challenges, physically or emotionally. Maybe you were led to believe this would be a simple, easy process. Maybe you weren't given all the information you needed to make the choice you felt was best. That is why we are here.

We also want you to know that it may not be too late to reverse the effects of the abortion pill. If you have doubts about your decision, see page 5 to learn more about **Abortion Pill Reversal** and how progesterone treatment has safely helped thousands of women successfully continue their pregnancies with no side effects, even after taking the first abortion pill.

Our role is not to judge or shame but to help you navigate the reality of what comes next with as much dignity, safety, and support as possible. This C.A.R.E.S. Guide has been designed to help you understand your body's response to the abortion pill – so that you can ensure your own well-being, seek medical attention if necessary, and care for your baby's remains in the way that feels most right for you.

At Guiding Star Siouxland, believe in the power of informed consent. It's not only the law – it's your right. And not just for today, but for your future.

If you ever need someone to talk to, if you have questions, or if you would like to schedule a follow-up medical evaluation, please don't hesitate to reach out.

- 📞 Call us at **712-266-3282**
- 🌐 Visit us at **www.GuidingStarSiouxland.org**

**YOU ARE NOT ALONE. WE SEE YOU.
WE CARE ABOUT YOU &
WE ARE HERE TO HELP.**

About the Abortion Pill

The abortion pill consists of two drugs taken in separate steps to intentionally end a pregnancy. The FDA currently approves its use up to 10 weeks, but some facilities use it off-label beyond this timeframe, increasing risks.

WHERE DID THE PILLS COME FROM?

If you received pills online or from an unverified source, ask yourself:

- Do I trust where they came from?
- Was the packaging sealed, safe, and clearly labeled?
- Were clear instructions included?

We've seen women unknowingly receive antibiotics or anxiety medications mixed in with abortion pills in unmarked baggies. If you are unsure, please don't guess.

Informed Consent is not just your right, it's the law.



Step One: Mifepristone (RU-486)

Mifepristone is taken at the clinic or at home. It blocks progesterone, a hormone necessary to sustain pregnancy. Without progesterone, the uterine lining breaks down, cutting off oxygen and nutrients, causing the baby to die.



If you regret taking Mifepristone, **Abortion Pill Reversal (APR)** may still be possible with progesterone treatment. If Step Two (Misoprostol) is not taken, some pregnancies may still continue naturally, but APR will significantly increase survival chances. An ultrasound can verify if the baby is still alive.

Step Two: Misoprostol

Misoprostol is the second set of chemical pill which causes you to go into labor with severe cramping, contractions, and heavy bleeding, expelling the baby. The process can last hours to days and is often intensely painful.



If Misoprostol is taken alone without first taking Mifepristone, there have been reports of babies moving after expulsion. Be prepared for this possibility and seek guidance and support if it occurs. Even if Mifepristone has already been taken, it is still worth calling the Abortion Pill Reversal Hotline at **(877) 558-0333** for support.

Risks & Complications

- Heavy bleeding (9-16 days; 8% of women bleed over 30 days).
- Severe cramping, nausea, vomiting, diarrhea, headaches.
- Failure rate increases with gestation (up to 13% at 10-11 weeks).
- Incomplete abortion which may require surgery or antibiotics.
- In the case of ectopic pregnancy, a chemical abortion can be fatal.



According to a new 2025 study, 1 in 10 women reported experiencing infection, hemorrhaging, or another serious or life-threatening adverse event after a chemical abortion.



A no-cost pre-abortion evaluation can rule out ectopic pregnancy (which makes the pill dangerous) and confirm if the pregnancy is already non-viable, making the abortion pill unnecessary.

Women considering or undergoing an abortion deserve full medical information. If you have concerns or need medical assistance, call 712-266-3282 for a free consultation without judgement.

Watch abortion doctor Noreen Johnson, OB/GYN, explain the abortion pill →



Abortion Pill Reversal (APR)

It may not be too late!

How Does APR Work?

Abortion Pill Reversal (APR) is a safe and effective process that uses progesterone – a natural hormone your body produces to support pregnancy – to counteract the effects of mifepristone.

- Mifepristone blocks progesterone, starving the baby of nutrients.
- APR restores progesterone with an injection or pills, giving your pregnancy a chance to continue.
- Some pregnancies may continue on their own if Misoprostol is not taken, but APR significantly increases survival chances.
- Success rates are highest within the first 24 hours, but reversal has been effective up to 72 hours after taking the first pill.
- No risk of birth defects – progesterone has been safely used in pregnancy for decades.



What Should You Do?

Do NOT take the second abortion pill (Misoprostol, or Cytotec).

Call Guiding Star Siouxland immediately:

📞 712-266-3282

🌐 Visit AbortionPillReversal.com for more information.



NO COST, NO JUDGMENT
Just Help!

YOUR STORY ISN'T OVER

No matter what brought you here or how you're feeling right now – relief, regret, anger, sadness, or confusion – this experience does not define you. You are more than your past, more than this moment. You are strong, capable, and worthy of healing, justice, and real care.



Have You Experienced Reproductive Injustice?

Unfortunately, some abortion providers take advantage of the silence and stigma surrounding abortion. Women are often rushed, misinformed, ignored, or mistreated – and told to “just move on.” But you deserve better.

Have you experienced any of the following:

- Medical malpractice or patient abandonment?
- Feeling pressured, rushed, or misled into an abortion you didn't fully understand?
- Refusal to provide a refund or your medical records or answer your questions?
- Privacy violations or a breach of your HIPAA rights?
- Sexual harassment, abuse, or trafficking?
- Forced abortion or coercion by a partner, family member, or employer?
- Trauma, attempted suicide, or suicide of a loved one connected to this experience?

You are not Alone

These experiences are real. Many women have felt ashamed, silenced, or blamed, thinking they somehow “deserved” poor care. But mistreatment is never your fault – and your voice matters.

Call 712-266-3282 to speak confidentially with a compassionate advocate.

You deserve to be heard

- ✓ 64% of women feel pressured into abortion
- ✓ 84% say they weren't fully informed
- ✓ 1 in 10 face serious medical complications

Help others speak up

By speaking out, you can help protect other women from being harmed in the same way. You are not alone—and your story could bring justice and healing to many.

VISIT ATHOMEABORTIONFACTS.COM FOR MORE RESOURCES.

Caring for Your Body & Next Steps

PHYSICAL RECOVERY POST ABORTION

If you've chosen to take the Abortion Pills, consider these steps as proper self-care: i

- ✓ Rest as much as possible – avoid strenuous activity for a few days.
- ✓ Stay hydrated – drink plenty of water and replenish lost nutrients.
- ✓ Monitor your bleeding – heavy bleeding should decrease over time.
- ✓ Take note of any pain – cramping should lessen, not worsen.



WHEN TO SEEK MEDICAL ATTENTION

If you experience any of these symptoms, go to the emergency room immediately:

- Excessive bleeding (soaking more than 2 pads in one hour)
- Fever over 100.4°F lasting more than a few hours
- Severe, worsening pain
- Foul-smelling discharge (possible infection)
- Weakness or dizziness upon standing up
- Shortness of breath

500 mL of blood loss in 24 hours is considered a postpartum hemorrhage and requires immediate medical attention.

Your health and safety matter. If you feel something isn't right, trust your instincts and seek medical care.

BE HONEST WITH YOUR DOCTOR. YOU WILL NOT GET IN TROUBLE.

Some abortion pill providers advise women to lie and say they are having a natural miscarriage. However, withholding information about taking abortion pills can lead to improper or delayed treatment. Your doctor needs to know what medications you've taken to give you the best care. **There is no state where you will get in trouble for having had an abortion, and being honest could save your life.**

Scheduling a Follow-Up Appointment

We strongly recommend a post-abortion check-up to ensure:

- Your uterus is empty and healing properly.
- There are no retained tissue or infections.
- Your body is recovering as expected.

Call us at 712-266-3282 to schedule a follow-up consultation.

This process does not have to define you. You are worthy of healing, support, and real care.



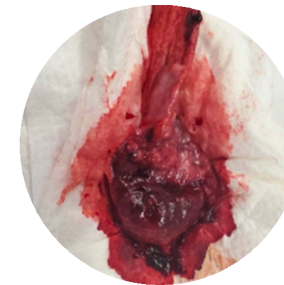
WARNING: MEDICAL IMAGES ARE SHOWN ON THE NEXT PAGE TO HELP YOU IDENTIFY TISSUE.



WHAT YOU MIGHT SEE DURING THE ABORTION PROCESS

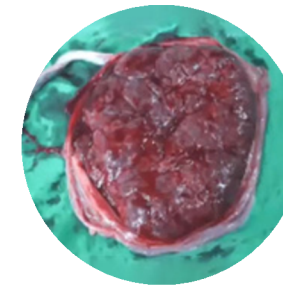
Note: Every experience is different. This guide is to help you identify what you may see during a chemical abortion, but if you're ever unsure whether the process is complete or safe, please seek immediate medical care.

How to identify different tissue:



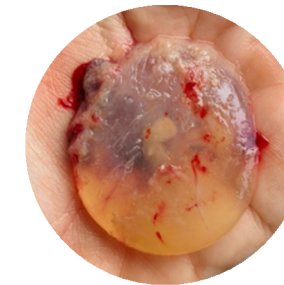
Blood Clots/Tissue

May be as large as a lemon, often jelly-like, colored pink to red to brown, with possible white or gray tissue.



Placenta

Thicker, one side bloody, other iridescent with visible veins. May be too small to identify



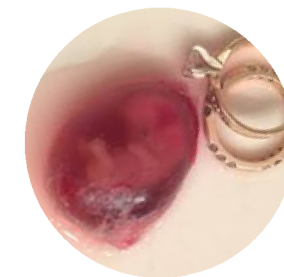
*Baby 7 weeks LMP 5 Weeks After Conception

Size of small blueberry. Small curved form with dark eye spots developing and limb buds forming.



Baby 8 weeks LMP 6 Weeks After Conception

Size of a raspberry. Distinct head and body shape. Small arm and leg buds with tiny hand and foot plates



*Baby 9 weeks LMP 7 Weeks After Conception

Size of a cherry. Arms, legs, fingers and toes becoming more defined. Facial features begin to take shape.



Baby 10 weeks LMP 8 Weeks After Conception

Size of a prune, fingers and toes separate, eyelids forming, nose mouth and ears visible



Baby 11 weeks LMP 9 Weeks After Conception

Size of a strawberry. Arms and legs bend at joints. Eyelids forming. Nose, mouth, ears, genitalia visible



Baby 12 weeks LMP 10 Weeks After Conception

Size of a plum. Tiny fingernails forming, facial features are distinct. Proportions more balanced.

*The amniotic sac is a thin, clear membrane, which may be broken or intact with baby inside as shown in these examples.

IF YOU SEE SIGNS OF LIFE

In some cases – especially in the second or third trimester – the baby may show signs of life after expulsion (such as movement or breathing).

- Call 911 immediately.
- Gently wrap your baby in a clean towel and keep them warm until help arrives.
- Do not assume your baby cannot survive. Every life matters, and medical help must be sought right away.

If you are unsure of what you're seeing, err on the side of caution and seek help. You deserve full care and accurate medical information.



Honoring Your Baby

WHY DOES IT MATTER?

You may not have expected to feel connected to your baby, but the reality is that every pregnancy—even one that ends through abortion – was unique and real. Honoring your baby is not about shame; it is about acknowledging the truth of this experience and giving yourself permission to grieve in a healthy way.

WAYS TO MEMORIALIZE YOUR BABY



Personal Memorial

Create a meaningful space in a garden or quiet place to reflect, with or without a burial.



Lighting a Candle

A simple but powerful way to honor your baby's memory.



Writing a Letter

Expressing your thoughts in a letter to your baby can be healing.



Symbolic Gestures

Planting a flower, naming your baby, or wearing a jewelry in remembrance.

Care Package Support

Awakening Grace Foundation based in Orange City, IA, provides care packages during or after infant loss at any time. The packages include comfort and memorial items as a small token of remembrance and love. Burial garments can also be chosen from items kept on hand or may be custom made at the time of the loss. Contact the non-profit by calling 712-899-7045 or emailing contact@theawakeninggracefoundation.org.

IMPORTANT NOTE ABOUT BURIAL LAWS

In some states, burial or cremation of fetal remains may be legally restricted – especially after 20 weeks gestation. To ensure you are in full compliance with your state's regulations, please check the legal guidelines for your area at:

heavensgain.org/state-laws

Emotional Healing After Abortion



No matter what led you to this moment, it is normal to feel a range of emotions – some expected, some surprising. Women who take the abortion pill often report:

- Relief – Especially if they believed it was their only option.
- Sadness or Regret – Often unexpected, yet very common.
- Guilt or Confusion – Wondering, Did I fully understand what I was choosing?
- Anger – At feeling misled, unsupported, or rushed.
- Numbness – A way to emotionally shut down.
- A desire to reverse – Many seek help through Abortion Pill Reversal after second thoughts.

Even if this was your decision, it is OK to grieve.

Loss – whether planned or not – affects your mind, body, and spirit. Grieving is not about judgment; it's about healing and restoration.

You are not alone!

You may feel:

- Overwhelmed or anxious
- Disconnected or withdrawn
- Surprised by waves of grief
- Haunted by flashbacks or numbness



You don't have to carry this alone.

Many women have been where you are, and healing is possible.

We're here to help

AT GUIDING STAR SIOUXLAND, WE OFFER FREE, CONFIDENTIAL SUPPORT: Experience hope and support from our knowledgeable staff and schedule an in person or online appointment (via Google Meet) with our counselor..

Call 712-266-3282 to connect with a compassionate advocate.

Healing doesn't mean forgetting. It means honoring your experience, finding peace, and moving forward with strength.