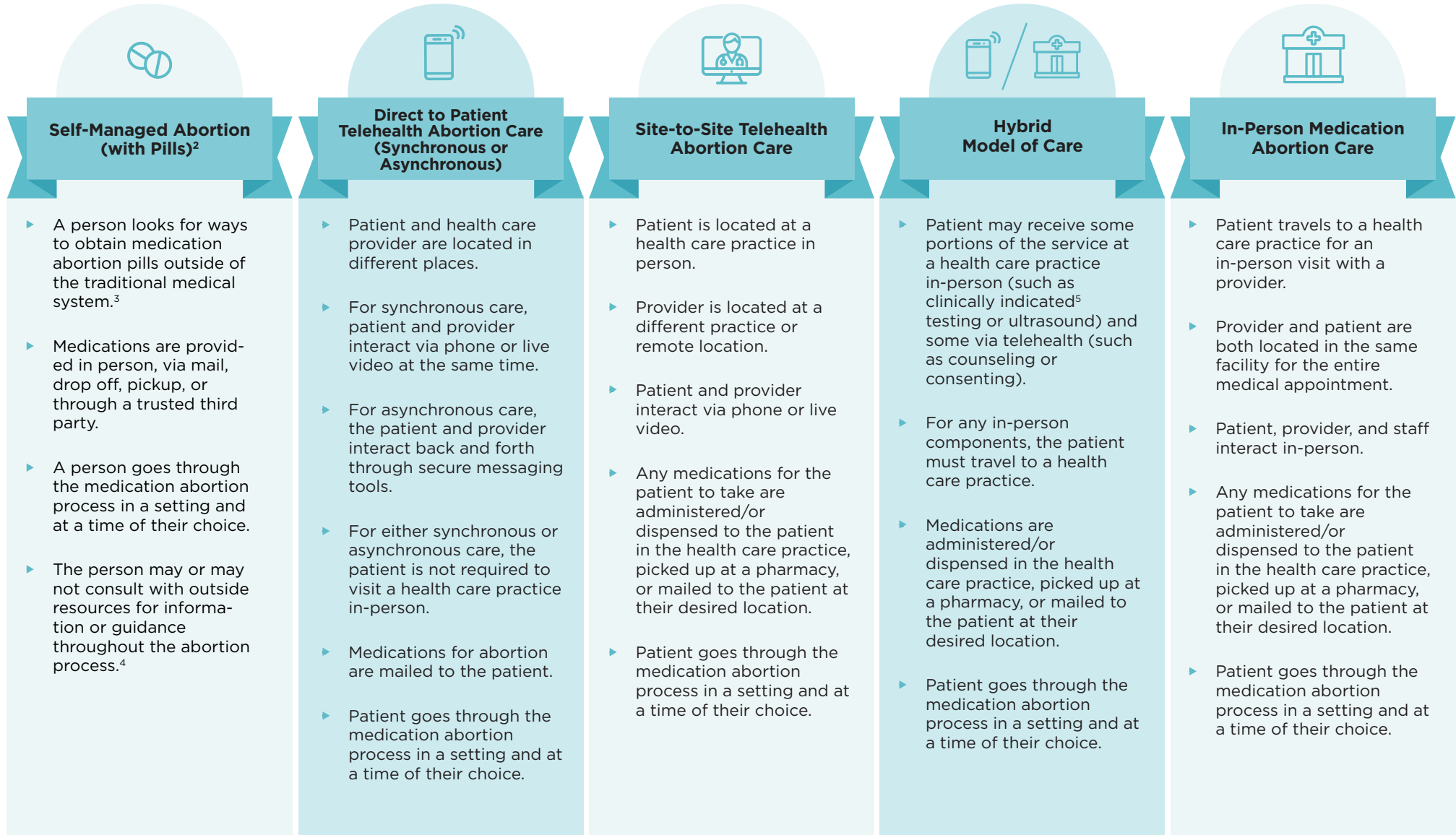


# Medication Abortion Spectrum of Care

## PURPOSE

The Spectrum of Abortion Care chart is an overview of medication abortion care options available in the United States.<sup>1</sup> While we strive to show a comprehensive spectrum of medication abortion care, we recognize that not every methodology for abortion care will be mentioned or detailed comprehensively in this chart. The purpose is to provide a guide about the similarities and differences between types of medication abortion care and the degree to which there may be provider involvement, use of technology, and in-person interaction.

The legality of medication abortion differs across states and is ever-changing in the post-Dobbs world. This document will be updated regularly to reflect the current status of abortion care options based on legislative and judicial activity at federal and state levels as needed.



---

<sup>1</sup> The legality of abortion differs across states and is ever-changing in the post-Dobbs world. This document will be updated regularly to reflect the current status of abortion care options based on legislative and judicial activity at federal and state levels as needed.

<sup>2</sup> While this chart highlights self-managed abortion (SMA) and telehealth for medication abortion (TMAB) using mifepristone and misoprostol, RHITES recognizes that medication is not the only way in which people may choose to seek abortion care and that “abortions have been around as long as people could become pregnant. For centuries people did abortions on their own using herbs, teas, or other methods passed down from families and cultural traditions over generations. Some of those traditions are still used today.” <https://www.abortion.shop/abortion-explained-self-managed-abortion>

<sup>3</sup> “Self-managed abortion (SMA) is any action taken to end a pregnancy outside the formal health care system and includes self-sourcing the World Health Organization (WHO)-recommended medications (ie, mifepristone and misoprostol), ingesting herbs or other drugs, and physical methods, such as insertion of foreign objects into the uterus.” Individuals seeking medication abortion pills may obtain them in various ways. “There are a range of resources functioning outside of the formal healthcare system to support people who are self-managing their abortions. These resources include hotlines staffed by clinicians, websites where people can get information and order medications, and emotional support services. Some people who self-manage their abortions may turn to abortion doulas, herbalists, or members of their community.” [Prevalence of Self-Managed Abortion Among Women of Reproductive Age in the United States - PMC](#).

<sup>4</sup> “[Abortion seekers] may also come into contact with clinicians functioning within the formal healthcare system before, during, or after their abortion.” [Prevalence of Self-Managed Abortion Among Women of Reproductive Age in the United States - PMC](#).

<sup>5</sup> Some states mandate that testing be performed regardless of clinical indication, often making them medically unnecessary.