

NOT
FUNNY
HA - HA

"NOT FUNNY HA-HA" BY LEAH HAYES
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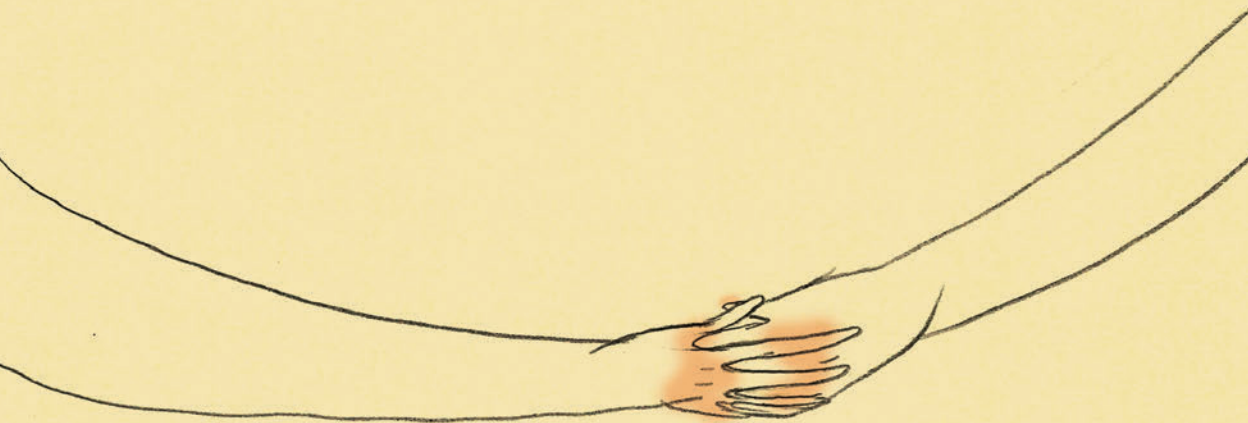
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A HANDBOOK FOR SOMETHING
HARD.

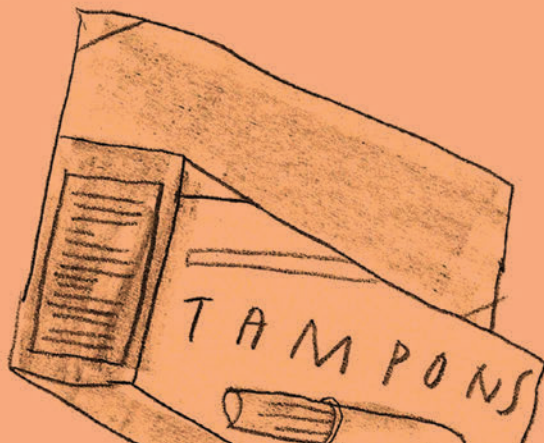
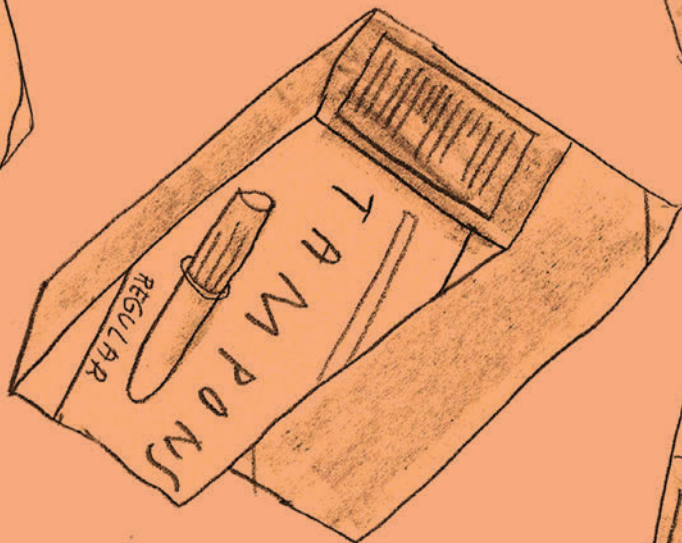
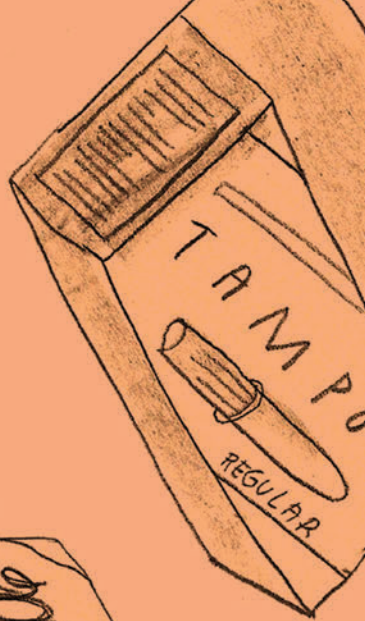
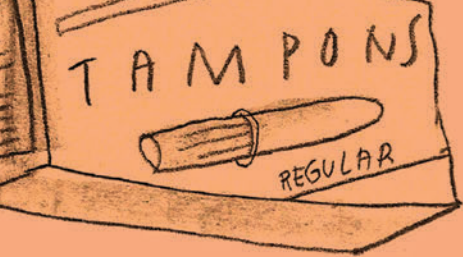


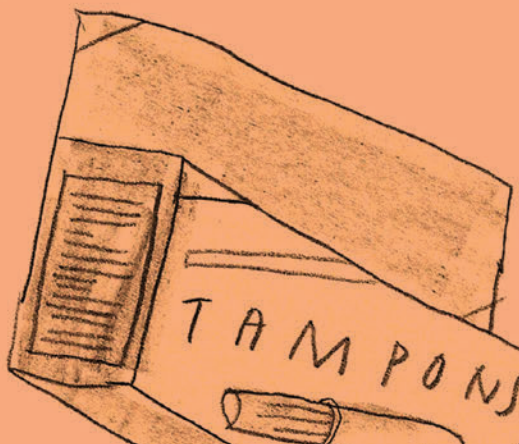
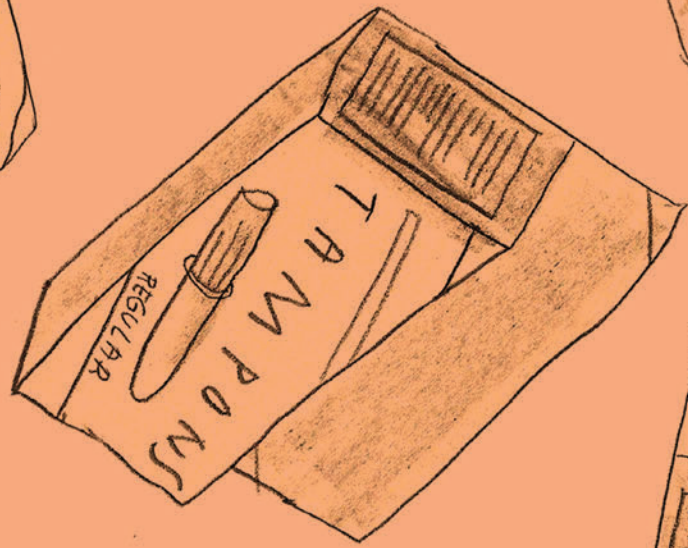
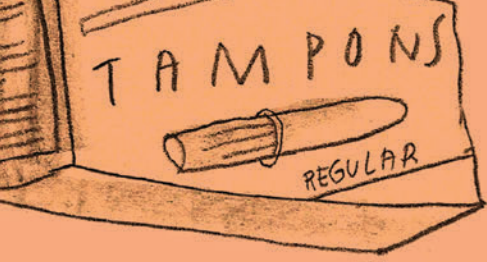
THIS BOOK IS FOR ALL
GIRLS AND WOMEN, AND
FOR THE PARTNERS, FRIENDS,
AND FAMILY WHO LOVE THEM.



THANK YOU TO MY INCREDIBLE
FAMILY WHO HAS BEEN THERE
FOR ME THROUGH ALL OF THE
GOOD, BAD, AND FUNNY TIMES.

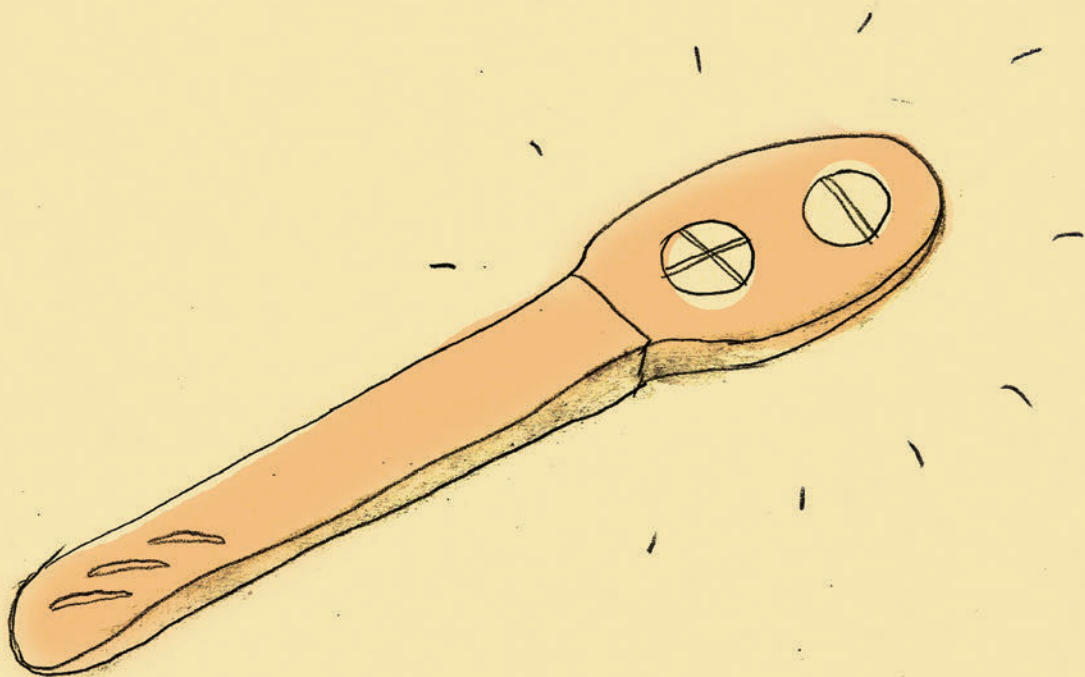
AND TO MY BUBBA... WHO STARTED A
LONG LINE OF AUDACIOUS WOMEN.



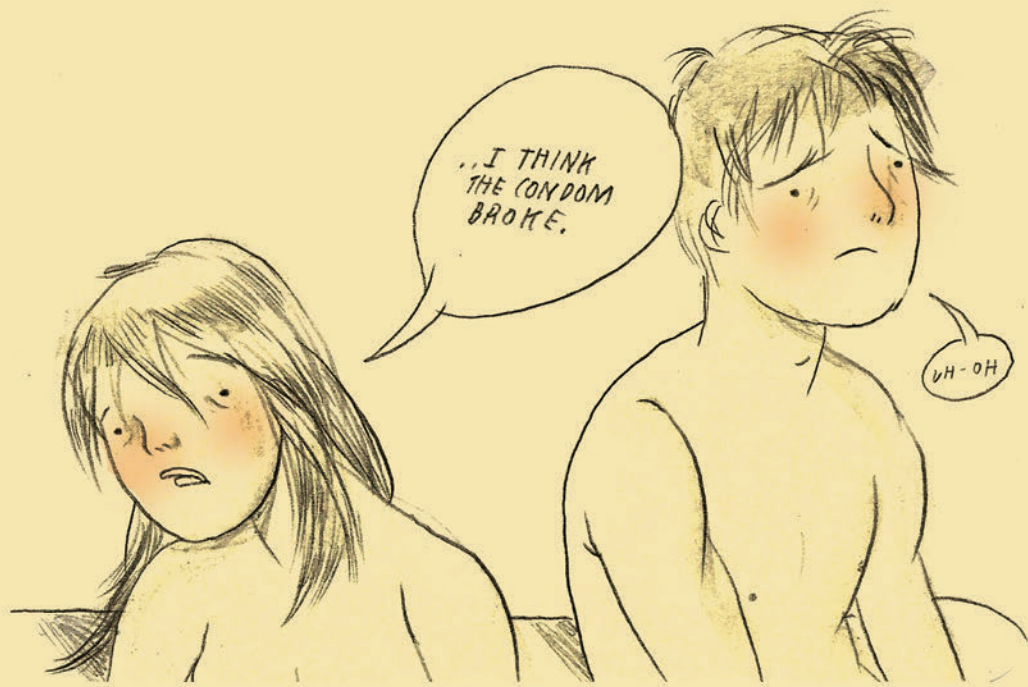




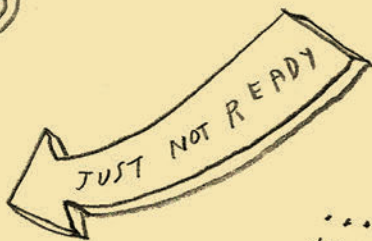
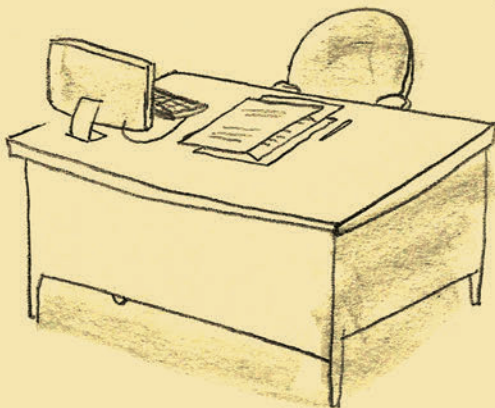
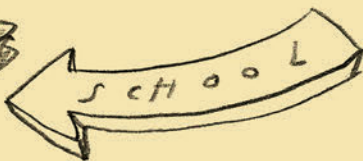
SO YOU JUST FOUND OUT
THAT YOU ARE PREGNANT.



... SOMETIMES THESE THINGS
HAPPEN.



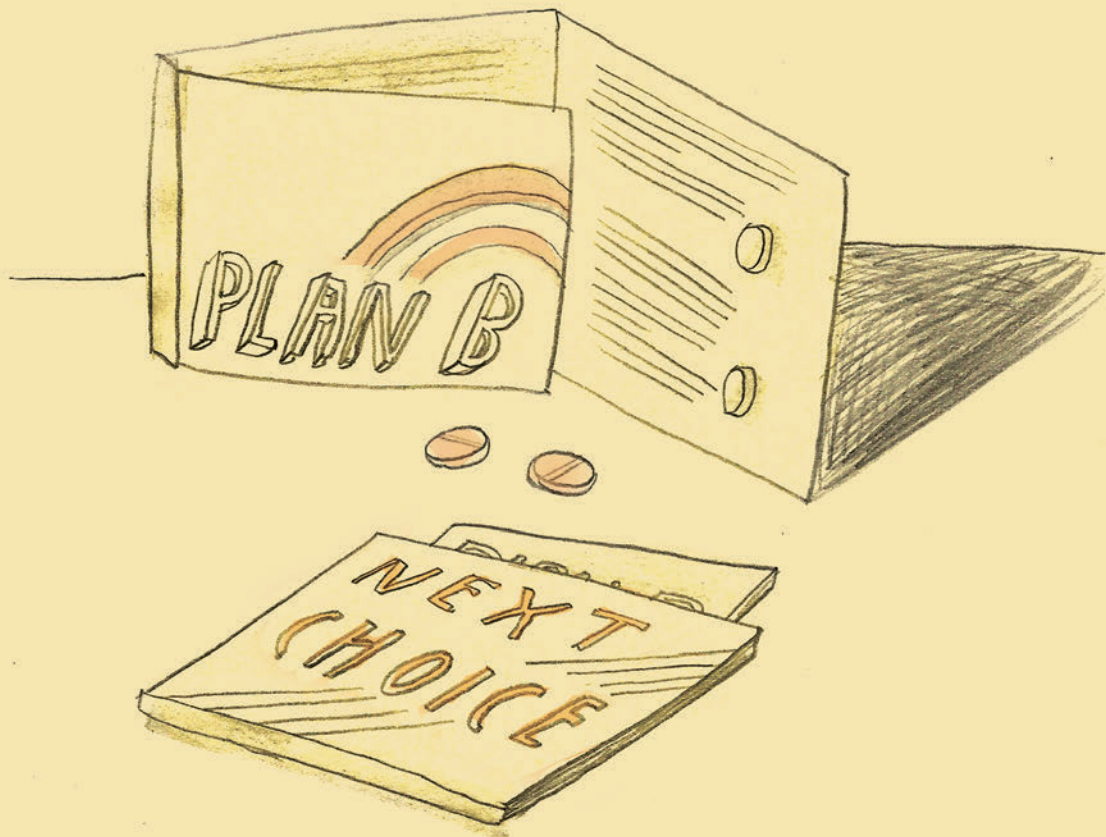
AND SOMETIMES YOU JUST AREN'T
IN A PLACE IN YOUR LIFE WHERE
IT MAKES SENSE TO HAVE A BABY.



... WHATEVER YOUR
REASON IS: IT'S
FINE.
IT'S YOUR REASON.

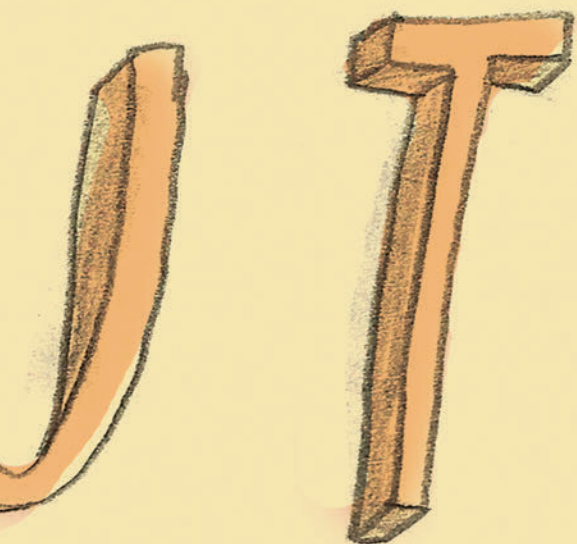
IF YOU HAVE AN "ACCIDENT,"
THERE IS A PILL YOU CAN TAKE UP
TO 120 HOURS AFTER THE INCIDENT.

THE SOONER YOU TAKE IT, THE
MORE EFFECTIVE IT IS. THIS IS
CALLED THE EMERGENCY CONTRACEPTION PILL,
AND YOU CAN BUY IT AT THE DRUGSTORE.



IT GENERALLY WORKS AND IS PRETTY EASY
TO TAKE, ALTHO THIS IS ONLY AN OPTION IF
YOU ACT RIGHT AWAY.

BU



IF YOU FIND OUT THAT YOU
ARE PREGNANT LATER ON
(LIKE IF YOU MISS YOUR PERIOD..)
THEN YOU MAY DECIDE TO HAVE AN
A B O R T I O N .



WHETHER IT'S A (COMPLICATED
DECISION OR A NO-BRAINER; WHETHER
YOU HAVE A PARTNER OR YOU DON'T;
WHETHER YOU HAVE AN AWESOME
RELATIONSHIP WITH YOUR FAMILY OR
A LESS-THAN-AWESOME ONE... THE
IMPORTANT THING TO REMEMBER IS
THAT THE FINAL DECISION IS
YOURS, AND NO ONE IS
ALLOWED TO TELL YOU WHAT TO DO.
(DUH... IT'S YOUR BODY.)



(...ALTHOUGH THAT DOESN'T
MEAN THAT IT'S ALWAYS
AN EASY DECISION.)





...SO HERE WE ARE.

IF IT MAKES YOU FEEL BETTER, LET'S
TALK ABOUT TWO DIFFERENT GIRLS
WHO WENT THROUGH TWO DIFFERENT
ABORTIONS. THERE ARE A ZILLION
GIRLS WHO GO THROUGH THIS, BUT
DESPITE KNOWING... IT CAN STILL
FEEL VERY LONELY AT TIMES.



OUR STORIES ARE ABOUT
A GIRL WE'LL CALL "MARY"...



... AND A GIRL WE'LL CALL "LISA"



THESE GIRLS DON'T KNOW EACH OTHER. THEY LIVE IN DIFFERENT PLACES: LISA LIVES IN THE CITY WHILE MARY LIVES IN A SMALL TOWN. BOTH OF THEM DECIDED TO HAVE AN ABORTION AFTER THEY FOUND OUT THAT THEY WERE PREGNANT.

ONE GIRL DECIDED TO HAVE A

S U R G I C A L

ABORTION, WHILE THE OTHER CHOSE A

M E D I C A L

ABORTION (BUT MORE ON THAT LATER).



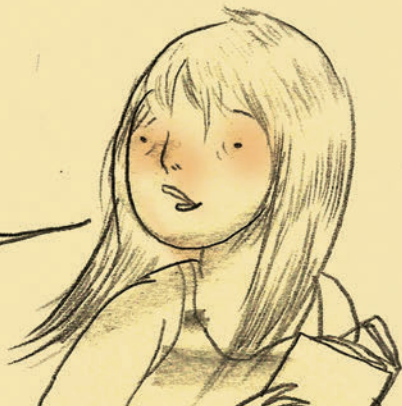
MARY IS 23. SHE FOUND OUT THAT SHE WAS PREGNANT AFTER HER PERIOD DIDN'T COME, AND SHE BOUGHT A TEST AT A DRUGSTORE. SINCE THIS IS A BOOK ABOUT WHAT IT'S LIKE TO GO THROUGH AN ABORTION, WE WON'T GET INTO WHY OR HOW SHE **GOT** PREGNANT. FOR ALL INTENTS AND PURPOSES... IT DOESN'T REALLY MATTER.



..YEP! AND IT'S ALSO NONE OF YOUR BUSINESS!

... AND THE SAME GOES FOR LISA.

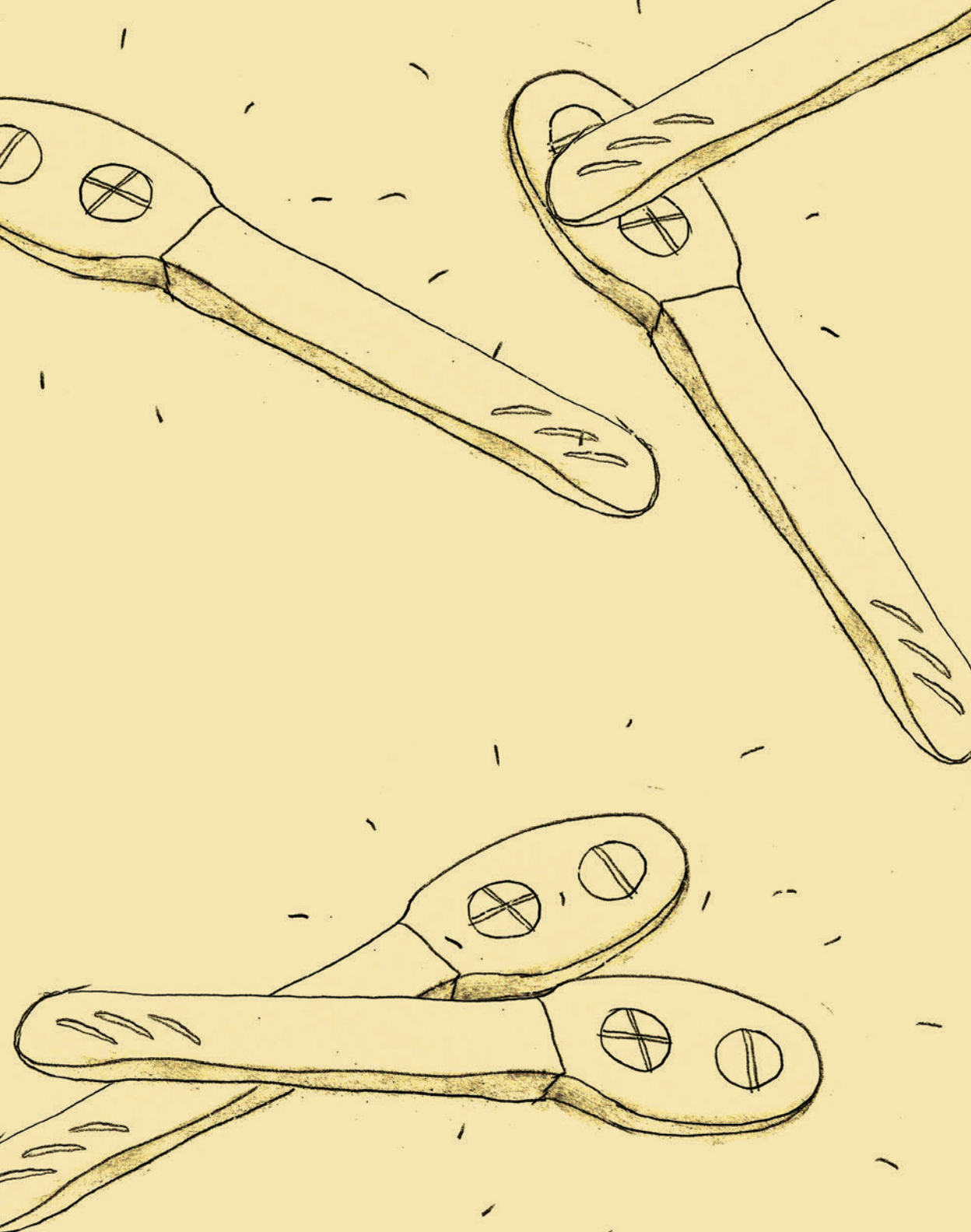
YEAH THAT'S A DIFFERENT KIND OF BOOK!



THE **POINT** IS:
BOTH GIRLS CHOSE TO GO
THROUGH THE SAME THING,
NO MATTER HOW THEY GOT
THERE.

LISA IS 31. SHE DECIDED TO GO TO HER DOCTOR AND TAKE A PREGNANCY TEST AFTER SHE FELT SICK FOR A FEW DAYS BEFORE HER PERIOD. SINCE HER PERIODS HAD NEVER BEEN REGULAR, SHE WASN'T SURE IF SHE WAS LATE. BEFORE HER APPOINTMENT, SHE ALSO TOOK A HOME TEST (OR FIVE).





SOMETIMES HAVING
AN **ABORTION** IS
A NO-BRAINER, SOMETIMES
IT'S NOT. BUT FOR THE TIME BEING,
WE WON'T GET INTO ALL OF THAT.

OUR STORY REALLY BEGINS

N O W,

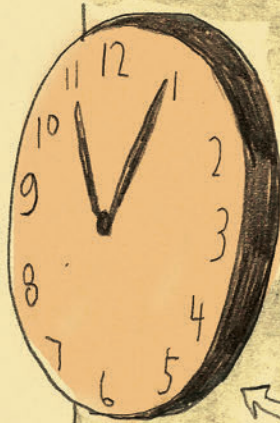
WHEN BOTH GIRLS DECIDE (FOR
DIFFERENT, PERSONAL REASONS)
TO GO AHEAD AND HAVE AN ABORTION.

KNOWING THAT YOU ARE
PREGNANT WHEN YOU DIDN'T
EXPECT OR WANT TO BE (CAN
BE SCARY. YOU HAVE TO MAKE
APPOINTMENTS AND FIGURE STUFF
OUT FAIRLY
QUICKLY.

WHICH CAN
BE HARD TO
DO IF YOU'RE

SCARED.

BUT FIRST TAKE
A DEEP BREATH,
AND TELL YOURSELF
THAT EVERYTHING
IS GOING TO BE
OK. BECAUSE
THAT WILL HELP
YOU GET THRU
THE NEXT
STEPS.



(DON'T
BE
AFRAID OF
THIS GUY!)

SO NOW
WHAT DO I DO,
HUH?

IF YOU CAN, THE BEST THING
TO DO **FIRST** IS TELL SOMEONE
IN YOUR LIFE WHO YOU TRUST.
YOU DON'T NEED TO GO THROUGH
THIS ALONE.



LISA IS PRETTY
CLOSE WITH HER
FAMILY, SO SHE TOLD
HER MOM AND HER
SISTER. IT WASN'T
EASY, BUT THEY MADE
HER FEEL LIKE SHE
WASN'T ALONE.

MARY ISN'T AS CLOSE TO HER FAMILY, SO SHE PREFERRED NOT TO TELL THEM. SHE TOLD HER BEST FRIEND.

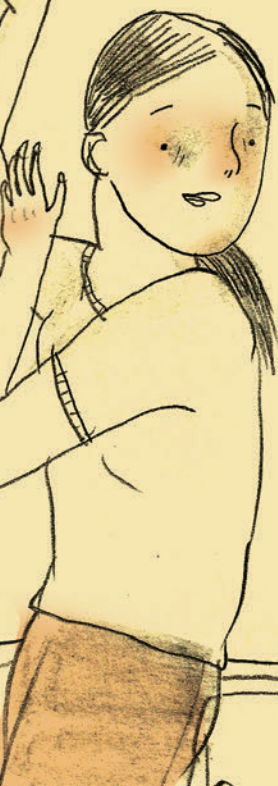


IF YOU CHOOSE NOT TO TELL ANYONE
AT ALL, THAT'S OK TOO...



... BUT SOMETIMES IT REALLY DOES
HELP YOU GET THROUGH THE NEXT
PART.

ICE
CREAM



YOU SHOULD
SLEEP OVER AND
WE'LL CALL SOME
CLINICS IN THE
MORNING.

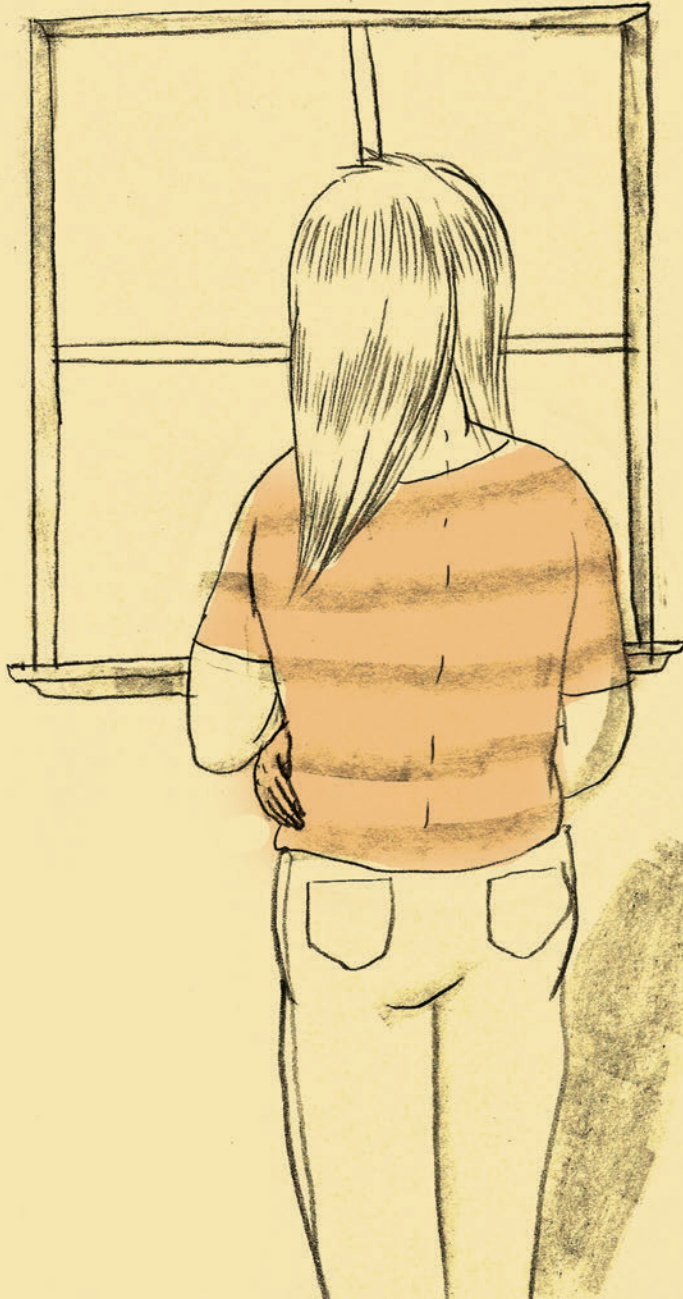
WHAT
FLAVOR DO
YOU WANT?

OK,
THANK
YOU.

VANILLA!



NOW IT'S TIME TO
MAKE SOME PHONECALLS.

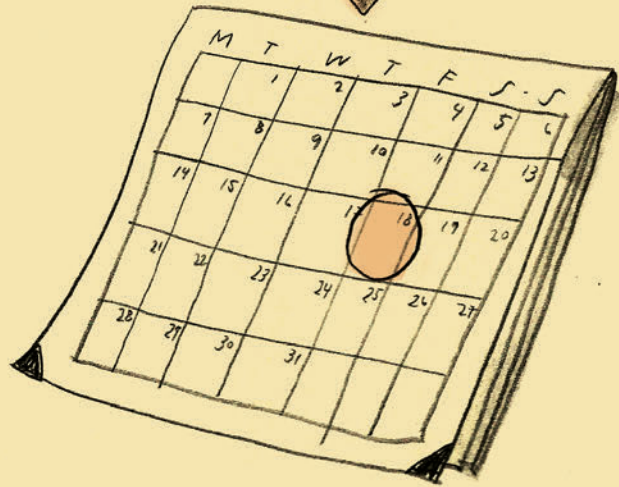


THERE ARE **THREE**

THINGS TO CONSIDER RIGHT
AWAY, ONCE YOU'VE MADE
THE DECISION TO HAVE AN
ABORTION.



WHEN



... THIS IS THE TIME-SENSITIVE PART. THE SOONER AFTER YOU FIND OUT, THE EASIER IT WILL BE ON YA (IN SOME WAYS)!

... (CLINIC? AT
HOME (THIS ONE SHALL BE
EXPLAINED LATER!)?



WHERE



WHAT



... "WAIT: THERE ARE DIFFERENT KINDS :))" OH YES.

I'D LIKE
TO SCHEDULE
AN APPOINT-
MENT, PLEASE.

"WHERE"

"WHEN" AND "WHAT"

ARE TIME SENSITIVE BECAUSE THE
OPTIONS CHANGE THE LONGER YOU
WAIT.* EVEN THOUGH IT MAY ALL
FEEL VERY OVERWHELMING, PICKING
UP THE PHONE AND MAKING A CALL
TO SCHEDULE AN APPOINTMENT AS
SOON AS POSSIBLE IS IMPORTANT.
IF YOU HAVE A FRIEND OR FAMILY
MEMBER WHO CAN BE WITH YOU
WHILE YOU MAKE THE CALL, THAT'S EVEN
BETTER!

* (THE SAFEST TIME TO HAVE AN
ABORTION IS DURING WHAT THEY
CALL THE "first trimester" — OR
UP TO WEEK TWELVE OF A PREGNANCY.
ABORTIONS AFTER THIS BECOME MORE
COMPLEX AND CAN POSE RISKS TO
THE WOMAN.)

SOMETIMES WE WAIT
TO TELL PEOPLE THINGS
BECAUSE WE ARE AFRAID,
OR ASHAMED, OR WORRIED
SOMEONE WILL JUDGE US.
IT'S NORMAL TO FEEL ALL
OF THIS STUFF EVEN WHEN
YOU HAVE NOTHING TO BE
ASHAMED OF.

BUT.. IT'S IMPORTANT
NOT TO DELAY HAVING
AN ABORTION WHEN YOU
HAVE DECIDED TO DO IT.



ALMOST ALL ABORTIONS
(IN THE USA!) TAKE PLACE
IN A CLINIC

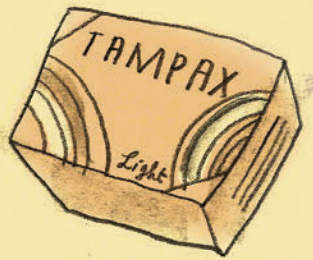
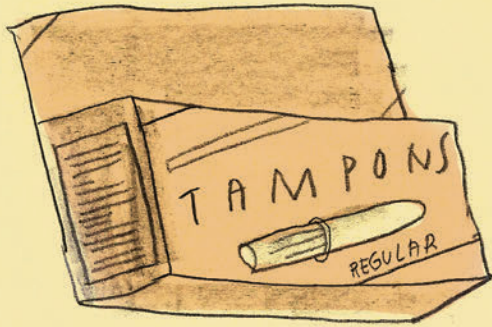





WELL, I'M
ABOUT SIX
DAYS LATE
AT THIS POINT.

... I THINK.

WHOEVER YOU
CHOOSE,
THE RECEPTIONIST
WILL ASK YOU A
SERIES OF QUESTIONS.
ONE OF THE FIRST
QUESTIONS WILL BE
SOMETHING LIKE:
"HOW FAR ALONG
DO YOU THINK YOU ARE?"



IT'S **OK** IF YOU DON'T
KNOW THE EXACT ANSWER TO
THIS. TRY TO REMEMBER THE DATE
OF YOUR LAST PERIOD, HOW MANY
DAYS LATE YOU ARE, AND THE
NURSE WILL HELP DETERMINE
HOW MANY WEEKS PREGNANT
YOU ARE. THEN SHE (OR HE) CAN MAKE
A PLAN WITH YOU ABOUT **WHAT**
KIND OF ABORTION YOU SHOULD HAVE.



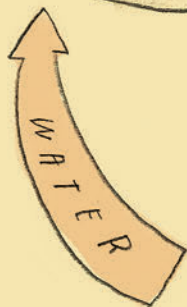
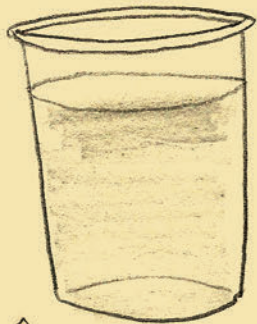
AND NOW
FOR SOME

Facts...

AS WE MENTIONED EARLIER,
THERE ARE 2 KINDS OF ABORTION
PROCEDURES: "SURGICAL" AND "MEDICAL".
A SURGICAL ABORTION USES
SURGERY TO ABORT THE PREGNANCY
(AND HAPPENS IN A CLINIC).
A MEDICAL ABORTION INVOLVES
THE USE OF "ABORTIFACIENTS"
(MEDICATION).

*ALTHOUGH THIS INFORMATION MIGHT
BE HELPFUL AN' ALL... YOU MUST
STILL CALL A HEALTH OFFICIAL TO
ASK QUESTIONS! **REMEMBER:**
THIS IS A BOOK, NOT A DOCTOR!!

YOU HAVE THE OPTION OF HAVING A
MEDICAL ABORTION UP TO ABOUT 9
WEEKS (YOUR FIRST TRIMESTER) INTO YOUR
PREGNANCY. AFTER THAT... YOU MUST
HAVE A SURGICAL PROCEDURE (TOO RISKY
FOR A LOT O' REASONS!). THERE ARE
PROS + CONS TO EACH PROCEDURE,
SO IF IT IS STILL EARLY ENOUGH,
TO CHOOSE, FIND OUT AS MUCH AS
YOU CAN FROM YOUR DOCTOR AND THEN
CHOOSE WHAT IS RIGHT FOR YOU.

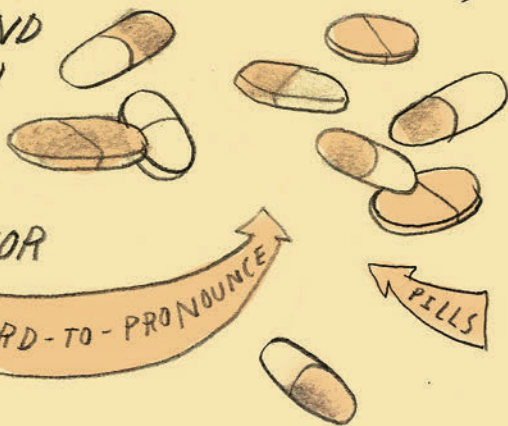


SOME WOMEN CHOOSE A MEDICAL ABORTION BECAUSE IT CAN BE A MORE PRIVATE AND "NATURAL" EXPERIENCE (KINDA LIKE A MISCARRIAGE). SOME WOMEN JUST DON'T LIKE THE IDEA OF HAVING SURGERY.

HOWEVER.

IF A MEDICAL ABORTION DOESN'T WORK (WHICH HAPPENS),

THEN YOU MUST HAVE SURGERY TO FULLY END THE PREGNANCY. YOU ALSO NEED TO PICK UP THE MEDICATION AT YOUR CLINIC/DOCTOR AND BE ABLE TO HAVE SEVERAL FOLLOW-UP VISITS.



HARD-TO-PRONOUNCE

PILLS

IN EUROPE, ASIA, AND NOW THE U.S.A... THE MOST COMMONLY USED EARLY TRIMESTER MEDICATION FOR MEDICAL ABORTIONS IS A COMBINATION OF **MIFEPRISTONE** & **MISOPROSTOL**.

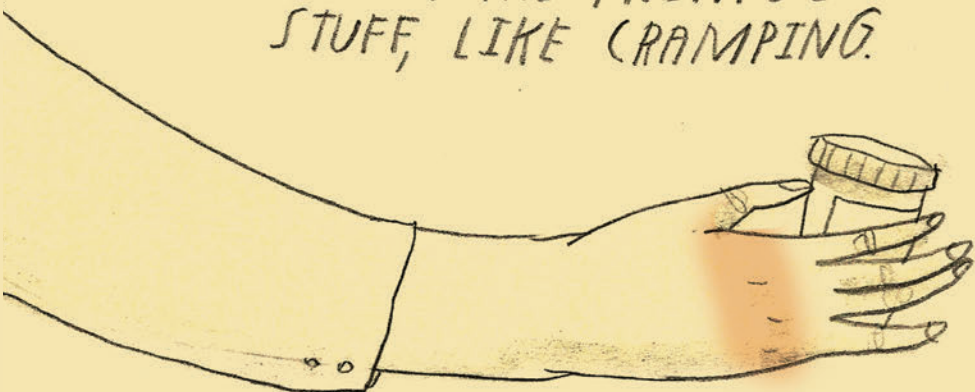
IF YOU DECIDE TO HAVE A MEDICAL ABORTION, THEN YOU WILL HAVE TO MAKE AN APPOINTMENT TO GET THE MEDICATION. YOU WILL HAVE AN EXAM, INCLUDING AN ULTRASOUND, TO DETERMINE HOW FAR ALONG YOU ARE. THEN YOUR DOCTOR WILL GIVE YOU THE PILLS, EXPLAIN WHAT WILL HAPPEN TO YOU, AND SEND YOU HOME.

MIFEPRISTONE
"BLOCKS THE ACTION
OF THE HORMONE(S)
NEEDED TO SUSTAIN
A PREGNANCY".
IT'S CONSIDERED
SAFE AND EFFECTIVE.¹

... AND FIRST
DEVELOPED IN
FRANCE!



YOUR DOCTOR WILL
TELL YOU ABOUT WHAT
TO EXPECT. HE OR SHE
WILL WARN YOU THAT
THE MIFEPRISTONE CAN
CAUSE SOME PAINFUL
STUFF, LIKE CRAMPING.



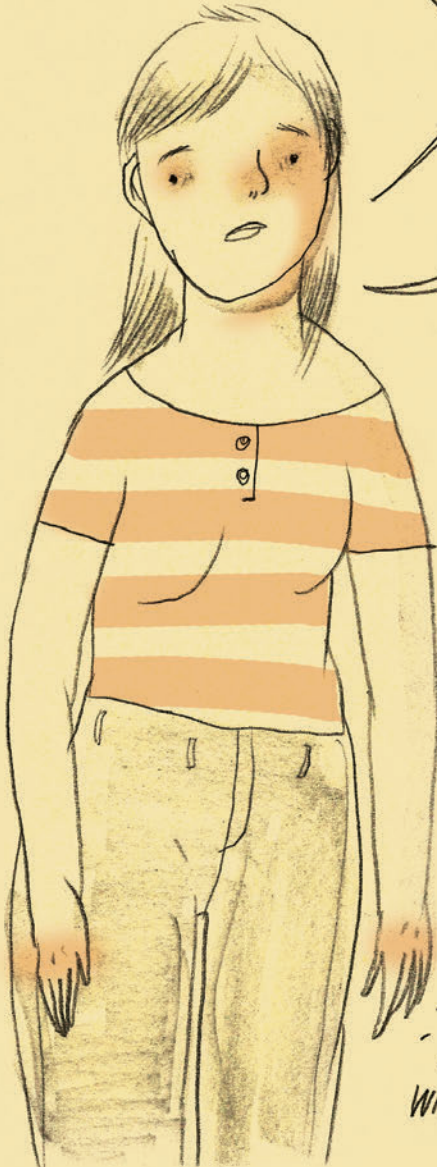
BUT DON'T BE AFRAID
TO ASK AS **MANY**
QUESTIONS AS YOU'D LIKE!
AFTER ALL: THAT'S WHAT THEY'RE
THERE FOR. NO QUESTION IS
TOO WEIRD.

ALTHOUGH A MEDICAL ABORTION
HAPPENS AT HOME,
THAT DOESN'T
MEAN THAT IT'S
"EASIER" OR "FASTER".
IT'S JUST DIFFERENT.

SO
FOLLOW
THE DIRECTIONS
AND CHECK IN
WITH YOUR DOCTOR
IF YOU NEED TO!

AND MAKE
SURE YOU ARE
NOT ALONE WHEN
YOU GO THROUGH
THIS, OK?

... IT'S GOOD
TO HAVE LOTS
OF BOOKS TO READ,
TOO..



BECAUSE YOU WILL
BE TAKING A
COMBINATION OF
PILLS, SPREAD OUT OVER
HOURS, THE ENTIRE
"PROCEDURE" CAN
TAKE UP TO SEVERAL
DAYS TO COMPLETE.
YOU MAY EXPERIENCE
- A LOTTA - BLEEDING,
WHICH IS NORMAL.*

* AND **ONE MORE** TIME
(JUST FOR GOOD MEASURE), ALWAYS
REFER TO A DOCTOR TO ANSWER
YOUR QUESTIONS... NOT THE
INTERNET, YOUR FRIENDS, OR EVEN
THIS BOOK!! GOT THAT?



A SURGICAL

ABORTION IS DONE IN A CLINIC,
HOSPITAL, OR DOCTOR'S OFFICE.

IT IS A SURGERY (HENCE THE TERM),
AND THE ENTIRE PROCEDURE IS DONE
IN THE SAME DAY.

WHILE THE ACTUAL SURGERY TAKES
A VERY SHORT AMOUNT OF TIME,
SOMETIMES THERE IS A LOT OF
WAITING AROUND IN WAITING
ROOMS. BE PREPARED TO WATCH A
LOT OF REALITY T.V.!





YOU WILL HAVE LOCAL ANESTHESIA.

THERE ARE PLACES FOR YOU TO SLEEP
IN THE RECOVERY ROOM, UNTIL YOU FEEL
BETTER ENOUGH TO GO HOME. BUT NO
MATTER WHAT: ALWAYS HAVE A

FRIEND, PARTNER, FAMILY MEMBER, SOMEONE
BE THERE WHEN YOU GET OUT OF RECOVERY!!

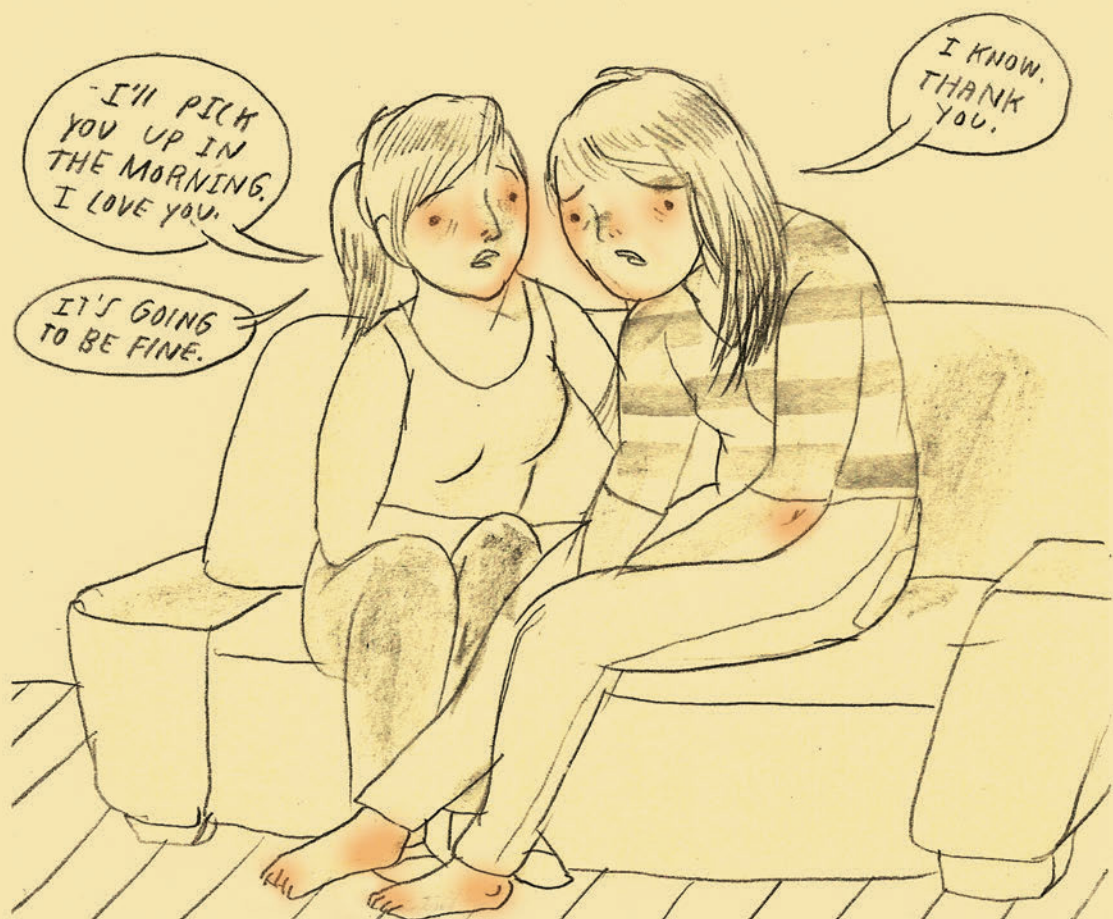
YOU MAY FEEL PRETTY **WONKY...**

... PHYSICALLY **AND** EMOTIONALLY.



NOW.
BACK TO MARY
AND
L I S A.

LISA THOUGHT ABOUT IT, AND TALKED TO HER SISTER ABOUT WHICH PROCEDURE TO HAVE. SHE HAD NO PROBLEM WITH HOSPITALS, AND WASN'T COMFORTABLE WITH THE IDEA OF DOING THE WHOLE THING AT HOME, SO SHE CHOSE THE SURGERY. HER SISTER TOLD HER THAT SHE WOULD BE THERE FOR HER NO MATTER WHAT SHE DECIDED TO DO.



THERE WAS ANOTHER VERY IMPORTANT THING THAT NEEDED TO BE DONE. ALTHOUGH LISA WAS NOT WITH HER PARTNER ANYMORE, SHE CALLED AND TOLD HIM ABOUT WHAT SHE HAD FOUND OUT, AND WHAT SHE HAD DECIDED TO DO. HE WAS VERY SUPPORTIVE.



THEN SHE CALLED THE CLINIC THAT WAS IN HER AREA. SHE MADE AN APPOINTMENT WITH THE RECEPTIONIST, WHO ASKED HER SOME QUESTIONS. LISA HAD A FEW QUESTIONS, TOO.

...IF I'M HAVING LOCAL ANESTHESIA, THEN CAN I EAT ANYTHING BEFORE?

YES, YOU CAN EAT



REMEMBER.

THIS IS NOT AN EASY THING
TO GO THROUGH. DON'T BE AFRAID
TO TALK TO SOMEONE (OR SOMEONES!)
ABOUT WHAT YOU'RE FEELING.

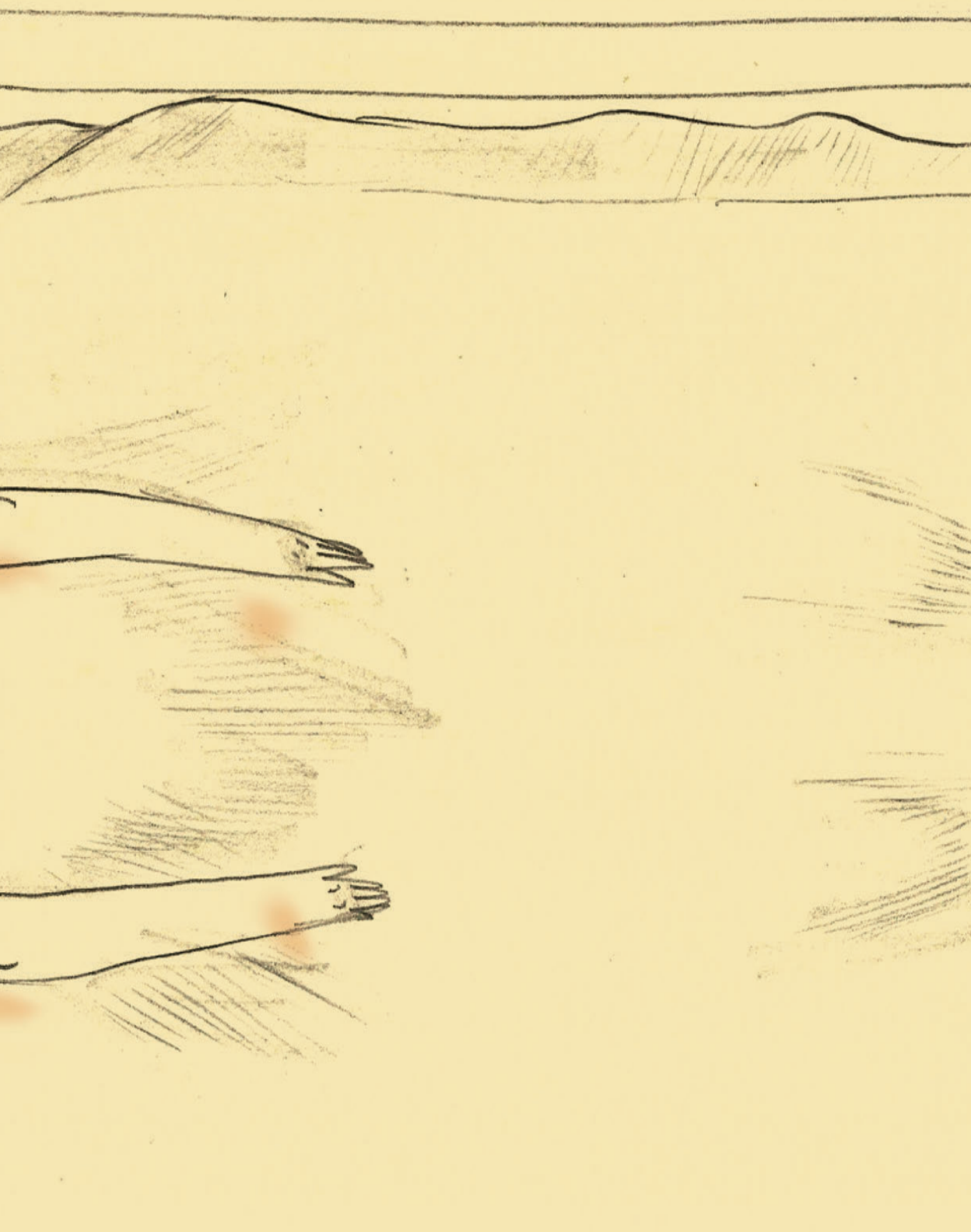
NO MATTER HOW YOU GOT
HERE, YOU WILL PROBABLY HAVE

A GAZZILION

THOUGHTS AND FEELINGS RUNNING
THROUGH YOUR HEAD.







LISA'S SISTER CAME IN
THE MORNING TO TAKE HER TO
THE CLINIC.



WHEN YOU ARE ABOUT TO DO SOMETHING
SCARY, IT'S FUNNY HOW DIFFERENT
THE WORLD CAN SUDDENLY
SEEM.

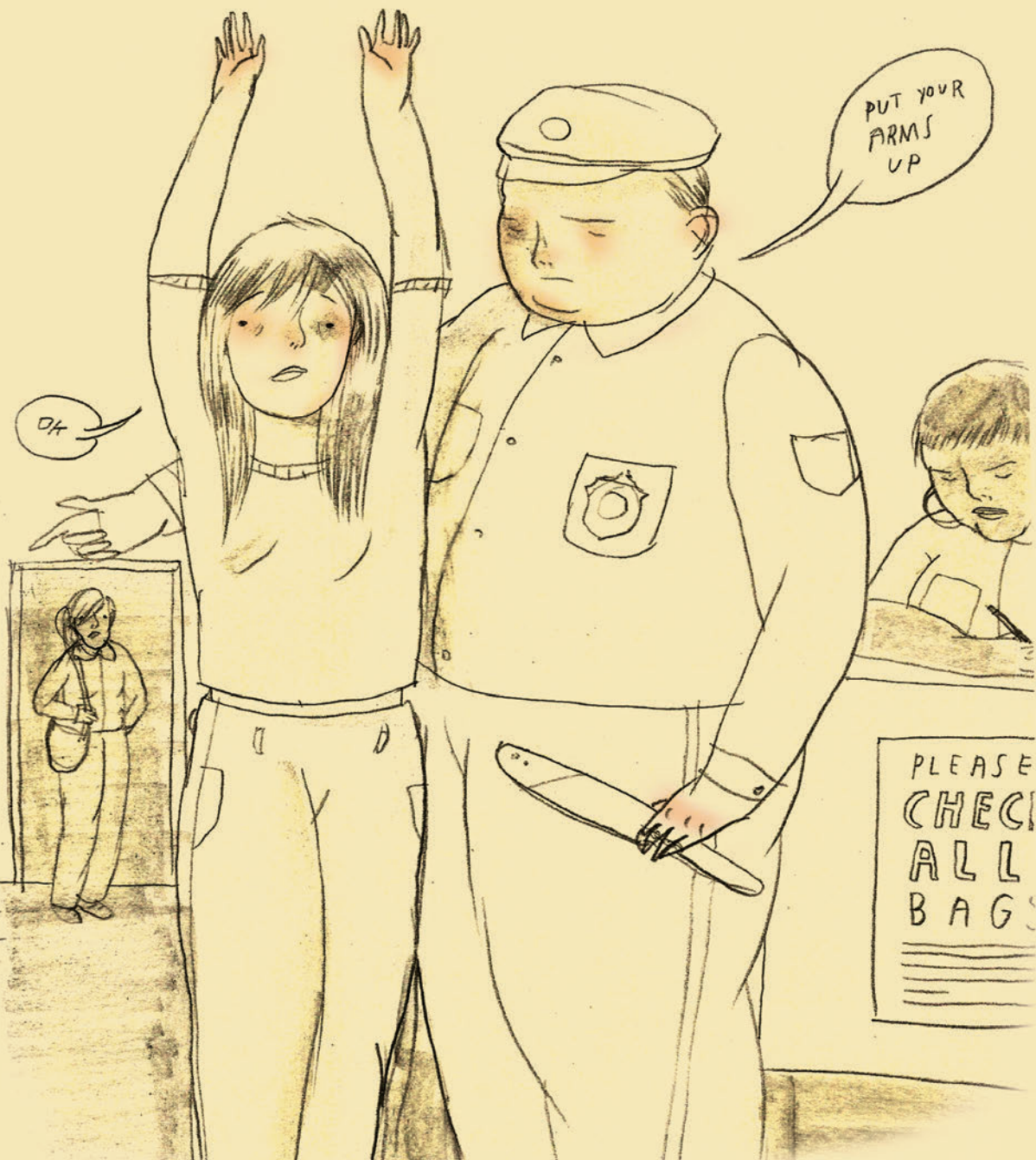




THE CLINIC WAS
IN THE CITY,
DOWN A BUSY STREET.



THERE WAS A SECURITY GUARD
INSIDE. LISA HAD TO SIGN IN
AND FILL OUT SOME INFORMATION.



LISA'S SISTER WASN'T
ALLOWED PAST A CERTAIN
POINT, SO SHE STAYED DOWNSTAIRS
TO WAIT.



ONLY PATIENTS ARE ALLOWED
IN THE SURGERY AREA.

SHE HAD TO PAY
FIRST...



... THEN SHE WAS TOLD
TO WAIT IN ANOTHER
WAITING ROOM.



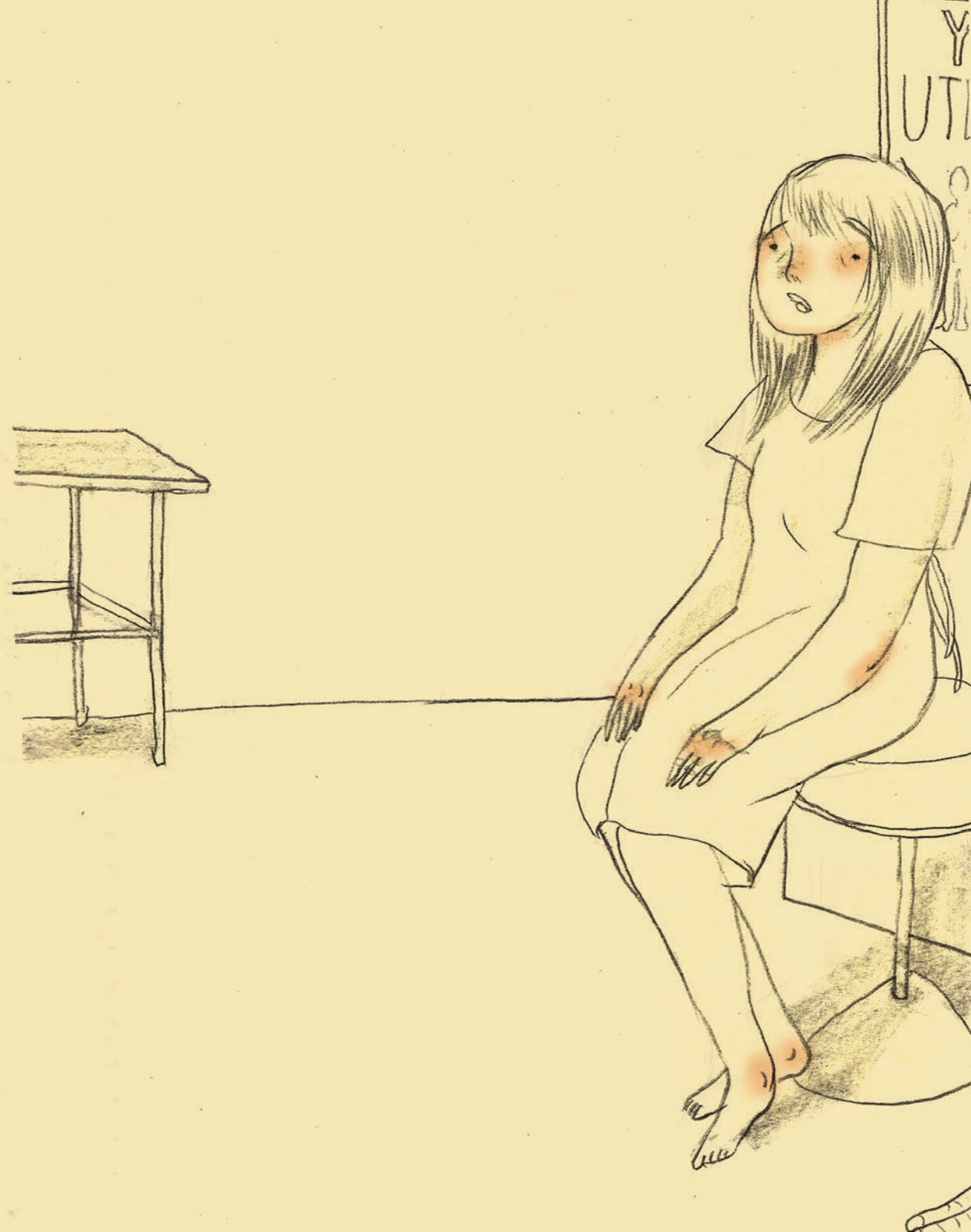
SHE WAITED FOR WHAT
SEEMED LIKE A LONG
TIME.



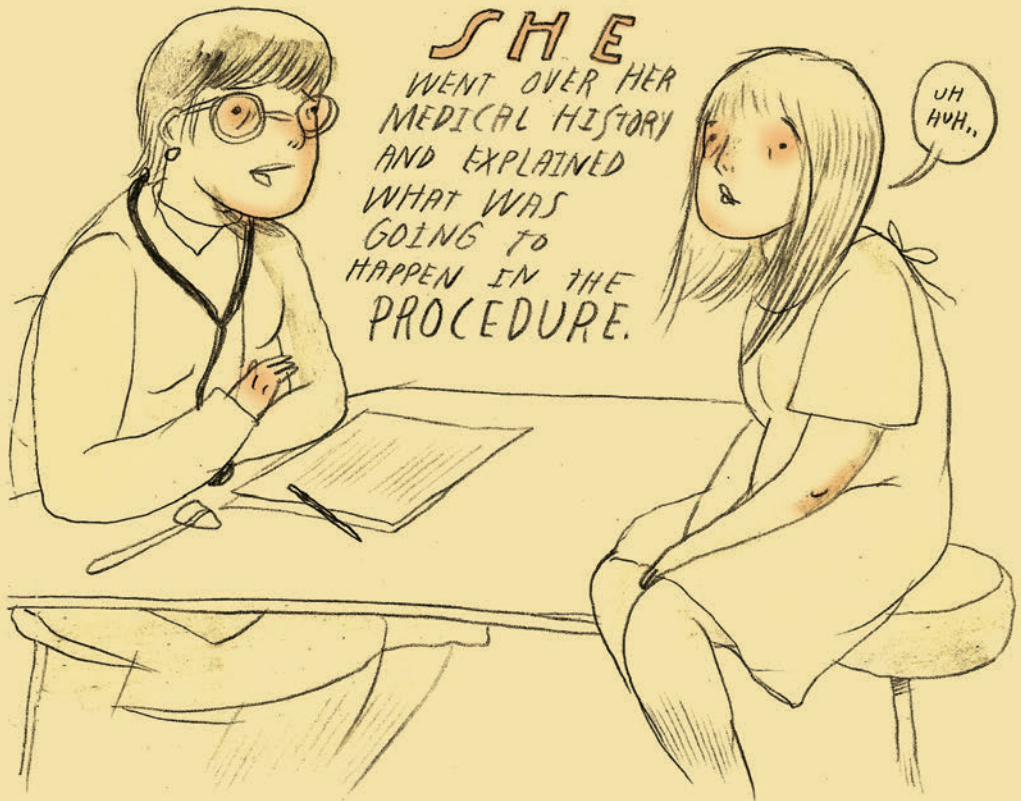


FINALLY, A
NURSE CAME AND TOLD
LISA TO PUT ON A LITTLE
GOWN, AND WAIT IN A
SMALL EXAM ROOM.





EVENTUALLY, A
NURSE CAME IN.

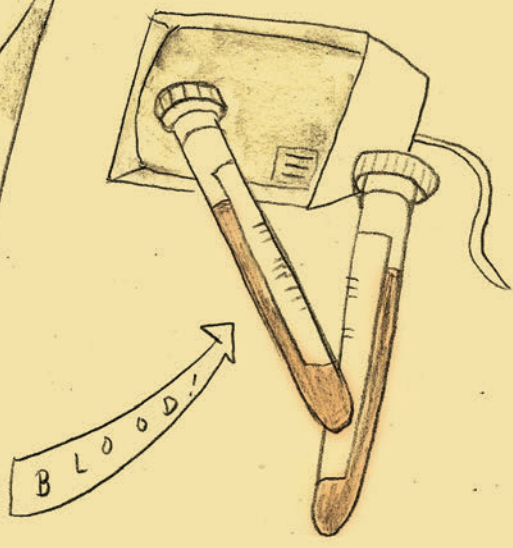


SHE
WENT OVER HER
MEDICAL HISTORY
AND EXPLAINED
WHAT WAS
GOING TO
HAPPEN IN THE
PROCEDURE.

UH
HUH..



... THEN SHE
TOOK SOME
BLOOD...



BLOOD!

THEN LISA WAS TAKEN
INTO A QUIET, DARK ROOM
WHERE THE NURSE PERFORMED
AN ULTRASOUND.



LISA DECIDED THAT
SHE DID NOT WANT
TO LOOK AT THE

SCREEN.

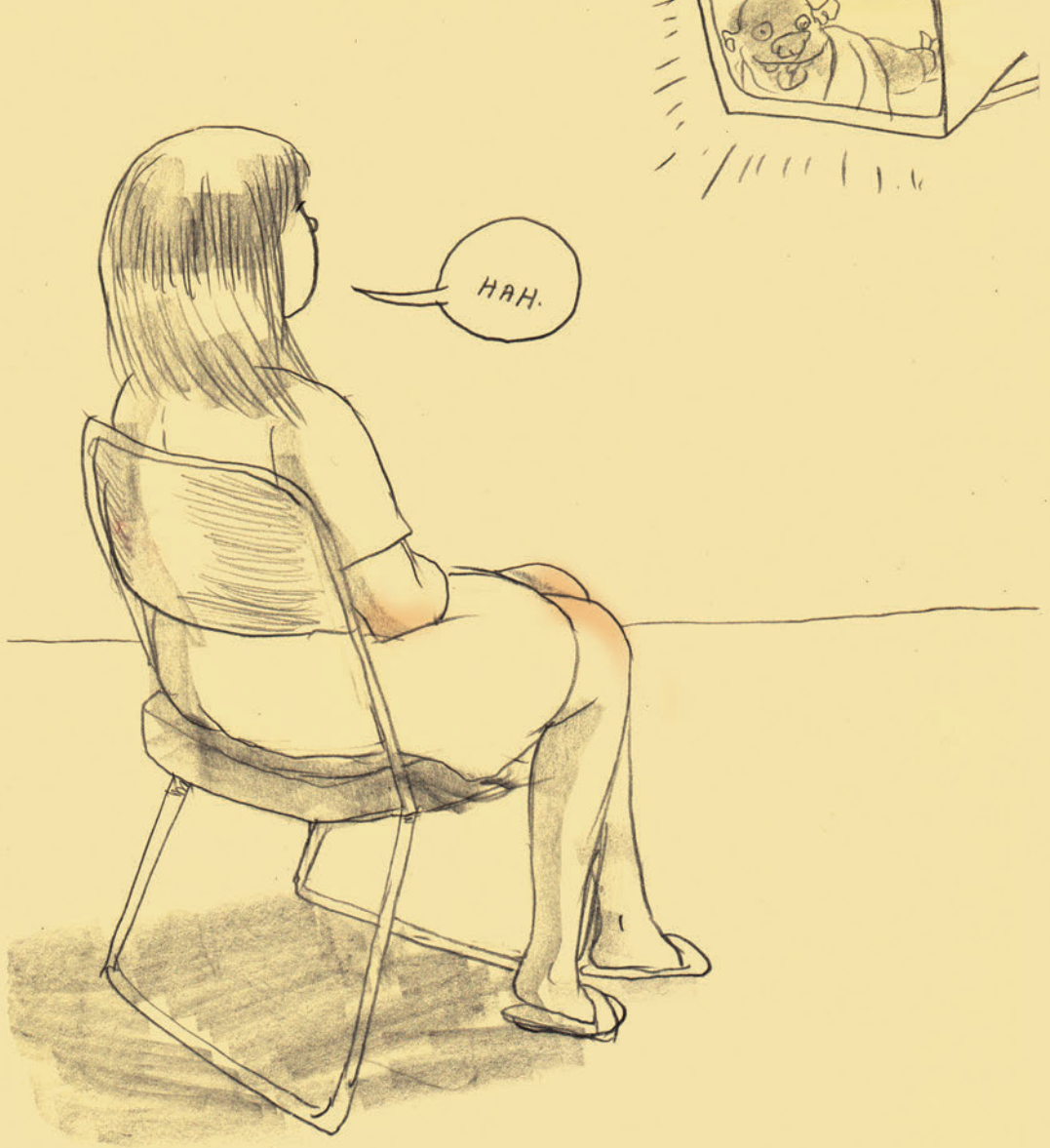
SOME GIRLS DO, AND
SOME GIRLS FIND THAT
THEY WOULD RATHER NOT
SEE A VISUAL OF WHAT'S
GOING ON IN THERE. EITHER
WAY, IT'S FINE!



... THEN LISA WAS SENT TO WAIT IN ANOTHER ROOM UNTIL IT WAS HER TURN FOR SURGERY. THERE WAS A LOT OF WAITING.



THERE WERE WOMEN OF ALL
AGES, COLORS, BACKGROUNDS. SOME LOOKED
SCARED, SOME WERE CHATTING WITH
OTHER WOMEN. SOME WERE SILENT.



SHE WATCHED "SHREK" (WHICH
SHE HAD NEVER SEEN BEFORE).
IT WAS PRETTY GOOD.

AFTER SOME MORE TIME
PASSED, SHE
WAS CALLED INTO A
ROOM THAT LOOKED
VERY MUCH LIKE A
LARGER VERSION OF
HER GYNO'S EXAMINATION
ROOM.



A DOCTOR AND A NURSE CAME IN
AND TOLD LISA TO LAY BACK WITH
HER FEET UP IN STIRRUPS.




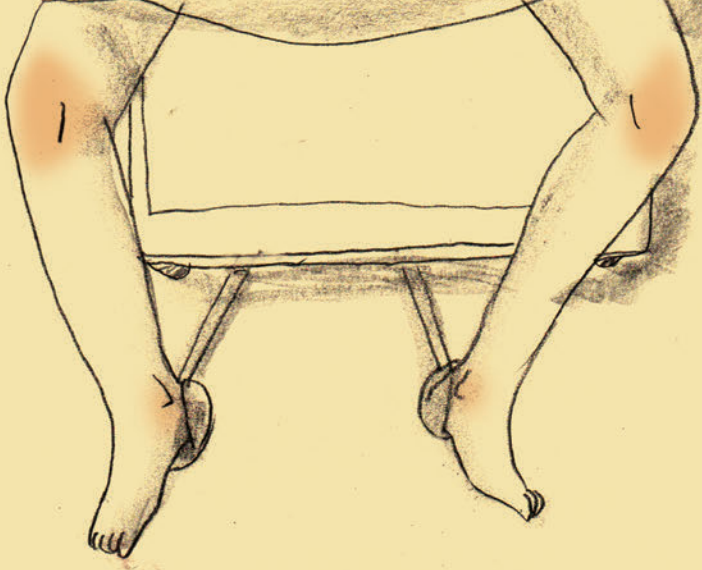
BY THE WAY:

THIS KIND OF ABORTION
IS CALLED: **ASPIRATION**,

WHICH MEANS AN INSTRUMENT
IS INSERTED INTO THE UTERUS
TO SUCTION OUT THE FETUS
AND PLACENTA, AFTER
CAREFULLY DIALATING THE
CERVIX.

THIS IS WHY AN ANESTHETIC
IS GIVEN. EVEN IF YOU ARE
AWAKE, YOU MAY
FEEL SOME PRESSURE INSIDE,
SOME CRAMPING, OR YOU MAY
FEEL FAINT AT TIMES.

THIS IS  **Worry.**
NORMAL!!

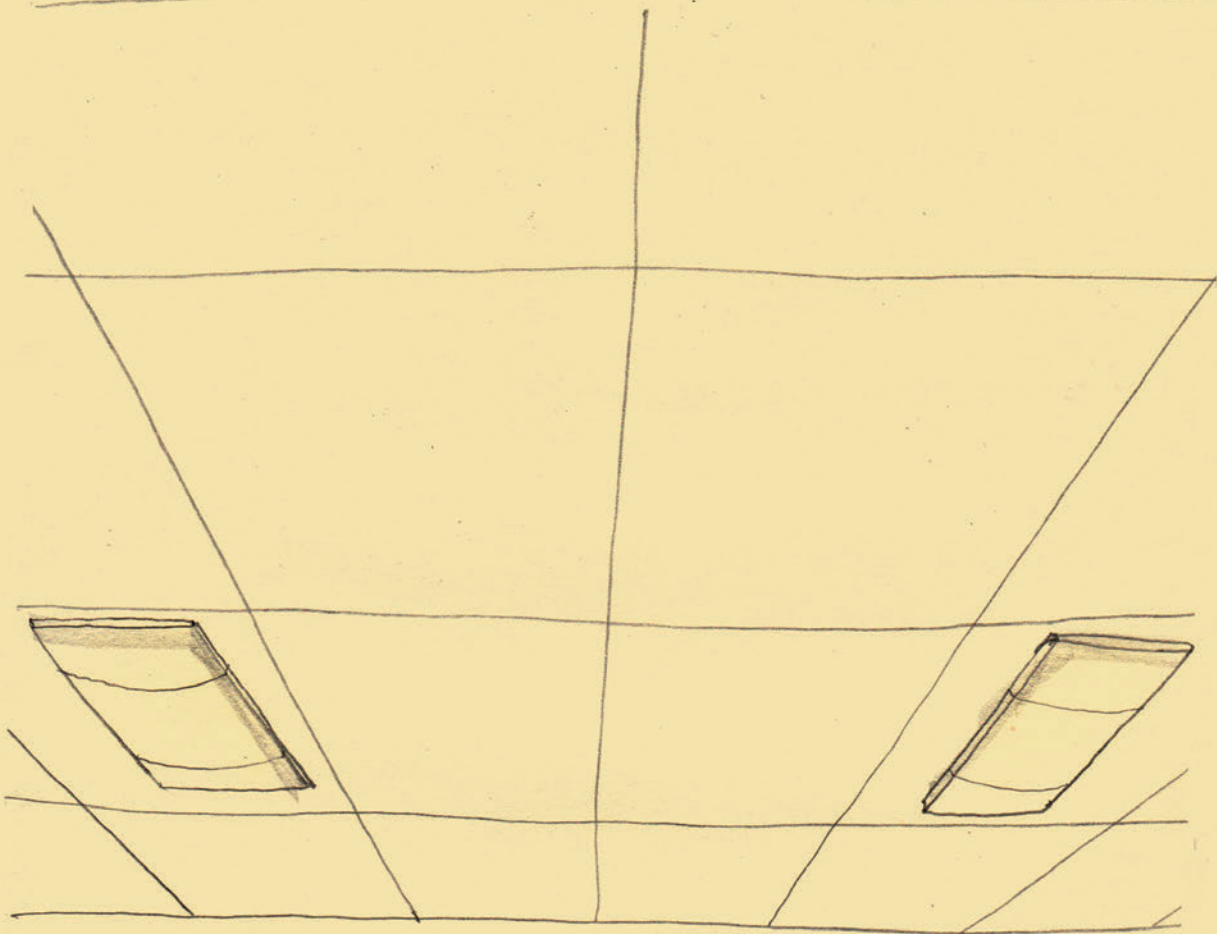


LISA FELT LIKE SHE WAS AT A VISIT TO THE GYNECOLOGIST AT FIRST. EVERYTHING HAPPENED PRETTY FAST. BUT THINGS SEEMED DIFFERENT WHEN THE NURSE GAVE HER THE LOCAL ANESTHESIA. SUDDENLY SHE COULD NOT FEEL ANYTHING BETWEEN HER LEGS. SHE LOOKED AT THE CEILING AND WAITED FOR THE PROCEDURE TO START.

THERE WAS A
LOT OF CRAMPING.
KIND OF LIKE GETTING A
PAP SMEAR
BUT AT TIMES, MORE INTENSE.
SHE TRIED TO BE VERY
BRAVE EVERY TIME IT HURT.
THE PROCEDURE TAKES A
VERY SHORT AMOUNT OF
TIME.



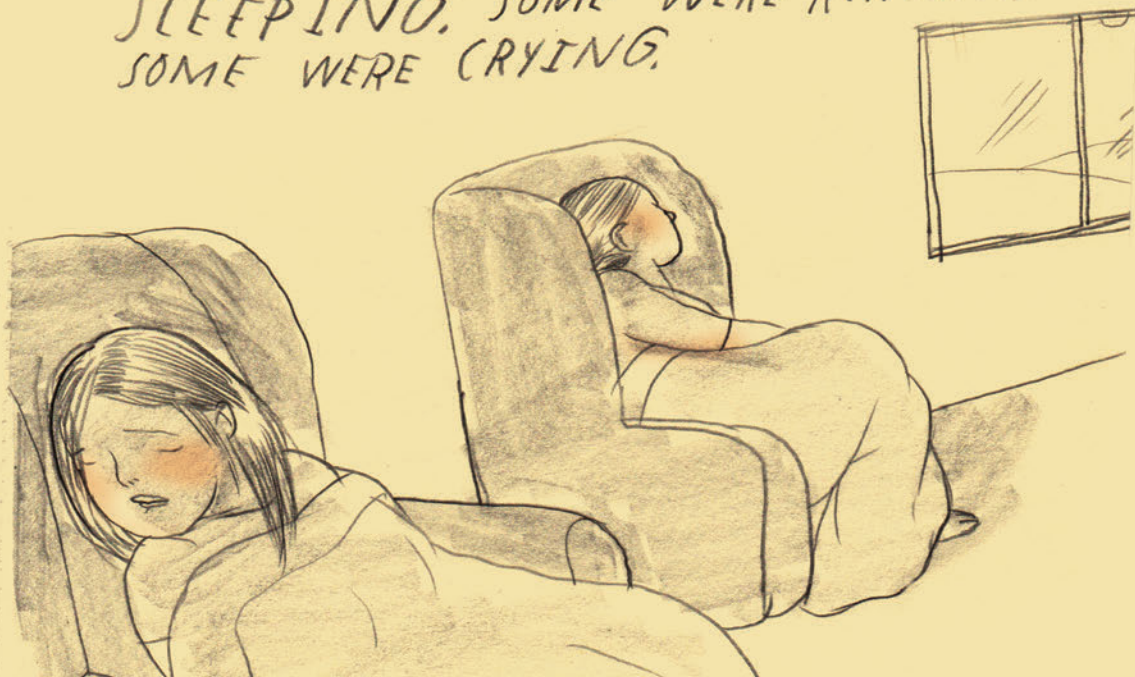
SHE COULD HEAR
THE HUMMING OF
THE INSTRUMENTS.



EXIT

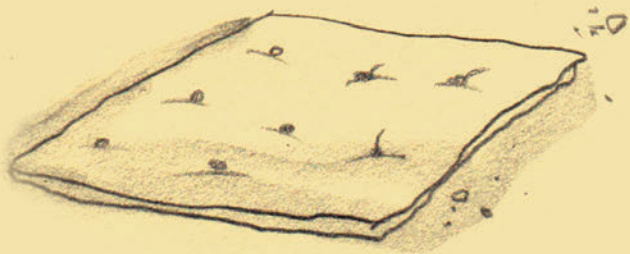


AFTER ABOUT FIFTEEN MINUTES, THE DOCTOR TOLD HER THAT SHE WAS "ALL SET," AND HELPED LISA SIT UP. THE NURSE WALKED HER TO ANOTHER WAITING ROOM-LIKE PLACE CALLED THE "RECOVERY ROOM". THERE WERE BIG LEATHER ARMCHAIRS THAT SEVERAL GIRLS WERE CURLED UP IN, SOME WITH BLANKETS OVER THEM. A LOT OF THE GIRLS HAD THEIR EYES CLOSED, BUT WERE NOT SLEEPING. SOME WERE READING, SOME WERE CRYING.





THERE WERE NURSES
WALKING IN AND OFFERING
GINGER ALE AND CRACKERS IN CASE
ANYONE FELT FAINT.



69

75

LISA DIDN'T FEEL
FAINT OR SICK LIKE
SOME OF THE GIRLS DID, BUT
SHE DID FEEL CRAMPY AND
SORE. SHE ALSO FELT VERY
OUT OF IT.

SHE DIDN'T REALLY KNOW
HOW LONG SHE RESTED BEFORE
SHE WAS GENTLY ESCORTED TO
THE DOWNSTAIRS AREA...

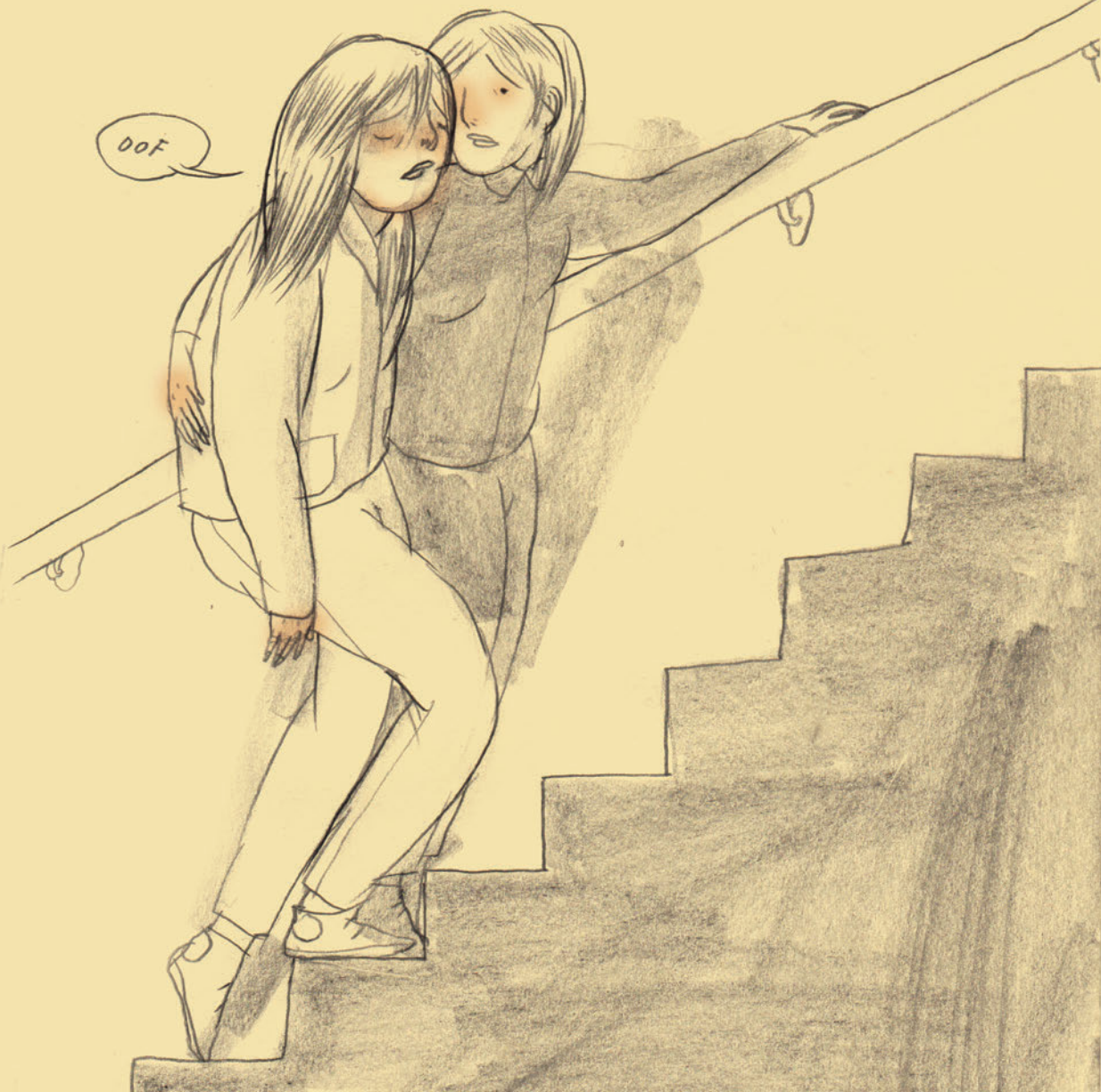


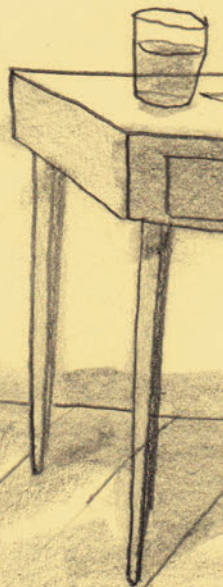
...WHERE HER SISTER WAS
WAITING FOR HER.



LISA DIDN'T REMEMBER
THE CAB RIDE HOME, OR
THE WALK UP HER **STEPS...**

DOF





... BUT SHE DID REMEMBER
THE VIEW OF THE WATER TOWERS
OUT HER WINDOW, AFTER HER
SISTER PUT HER INTO BED.

WHEN SHE WOKE
UP THE NEXT MORNING,
LISA FELT VERY SORE,
AND HAD SOME BLEEDING
WHEN SHE WENT TO THE
BATHROOM. KINDA LIKE
A MEDIUM-ISH **PERIOD**.
THE NURSES AT THE CLINIC
HAD GIVEN HER SOME
VERY-BIG PADS TO
WEAR OVER THE NEXT FEW
DAYS, IN CASE THE BLEEDING
GOT HEAVIER. SHE FELT LIKE
SHE WAS WEARING A
DIAPER.

THE NURSE HAD ALSO GIVEN
HER INSTRUCTIONS NOT TO
HAVE SEX OR USE TAMPONS
FOR (AT LEAST) SEVERAL WEEKS.

BY THE
AFTERNOON,

LISA WAS FEELING
OK ENOUGH TO
HAVE A (VERY)
LIGHT WALK
AROUND HER
BLOCK. SHE
DIDN'T FEEL LIKE
SEEING ANYONE...
SHE JUST WANTED
SOME TIME BY
HERSELF.



SHE WAS
FEELING A LOT OF
DIFFERENT EMOTIONS.







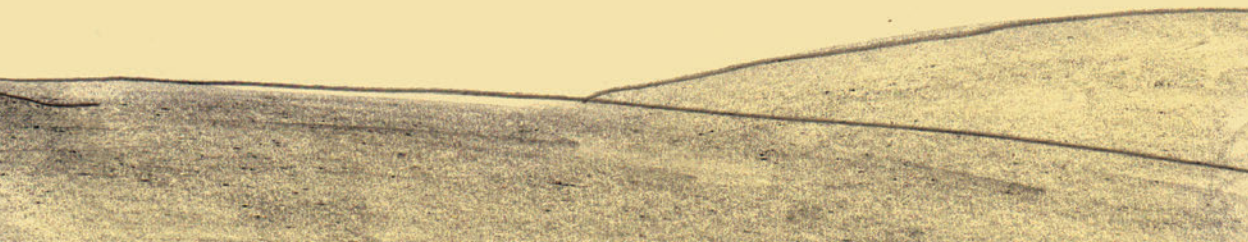
PHYSICAL RECOVERY
FROM AN ABORTION
CAN BE VERY FAST.



THE EMOTIONAL RECOVERY
MIGHT TAKE LONGER.



NOW
LET'S CHECK IN
WITH
MARY.



MARY WASN'T A FAN OF HOSPITALS, SO WHEN SHE CALLED THE CLINIC AND THEY TOLD HER THAT (BASED ON HOW FAR ALONG IN HER PREGNANCY SHE THOUGHT SHE WAS) SHE HAD THE OPTION OF TAKING THE PILL-FORM.

AT HOME...

SHE DECIDED TO GO WITH THAT.



SO SHE MADE
AN APPOINTMENT...

... AND LIKE LISA WAS
A LITTLE NERVOUS. SHE
WASN'T SURE WHAT TO
EXPECT.



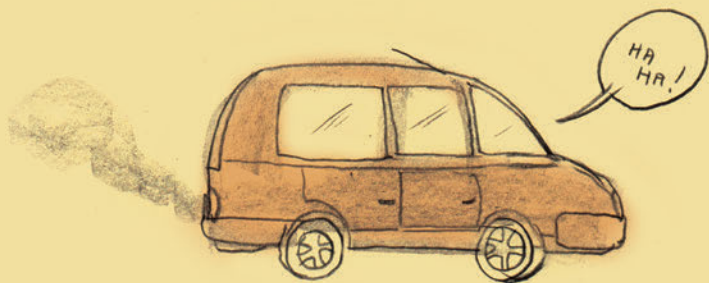
IN ORDER FOR MARY TO
FIT INTO THE WINDOW WHERE
SHE COULD HAVE THE ABORTION
AT HOME, SHE HAD TO GO
TO THE 'CLINIC SOONER
RATHER THAN LATER. HER
APPOINTMENT WAS FOR THE
NEXT DAY. SHE CALLED HER
BEST FRIEND AND ASKED:

... THEY
SAID THAT I
COULD COME IN
TOMORROW AT
11. WOULD YOU
COME WITH
ME?

OF COURSE.
I WOULDN'T
LET YOU GO
ALONE..

..DON'T BE
SILLY!!!

IN THE MORNING, MARY
WAS READY. HER FRIEND
PICKED HER UP AND THEY
DROVE TO THE CLINIC. THEY
CHATTED AND LAUGHED, BUT
MARY WAS NERVOUS.



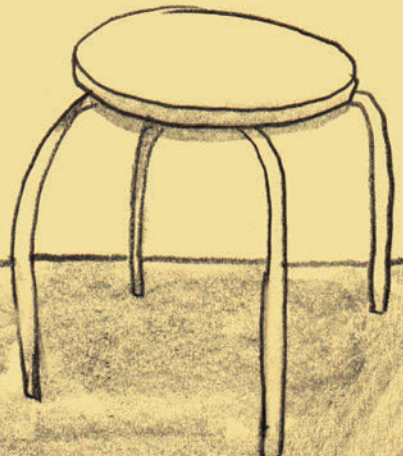


JUST LIKE LISA, MARY
HAD TO FILL OUT A LOT OF
PAPERWORK, PAY UP FRONT,
AND WAIT IN THE WAITING
ROOM BEFORE SEEING A DOCTOR.
EVENTUALLY THEY CALLED HER NAME.



AND, LIKE LISA, SHE
WAS BROUGHT TO A SMALLER
ROOM AND GIVEN AN ULTRASOUND.

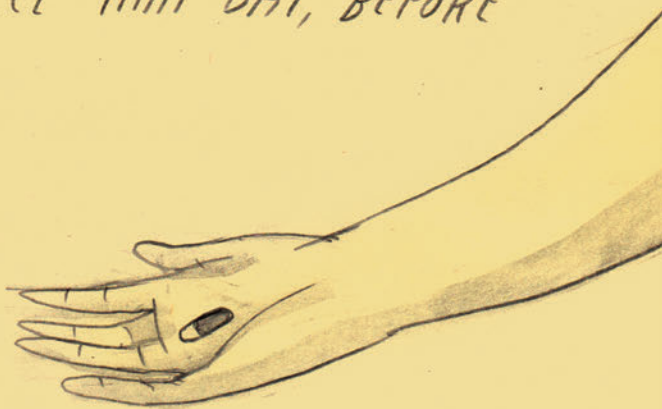
BUT THEN MARY
WAS TOLD TO PUT HER
CLOTHES BACK ON
AND GO WAIT IN THE
OFFICE FOR THE DOCTOR.



WHEN THE DOCTOR CAME IN, SHE EXPLAINED WHAT WAS GOING TO HAPPEN TO MARY OVER THE NEXT HOURS (AND DAYS) AFTER LEAVING THE CLINIC.



THERE WAS ONE **PILL**
THAT MARY WAS TO TAKE
IN THE OFFICE THAT DAY, BEFORE
SHE LEFT...



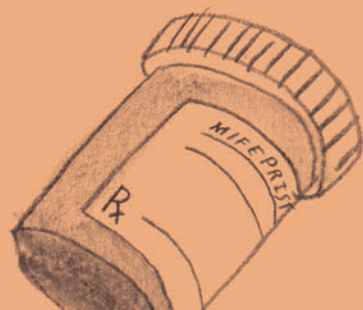
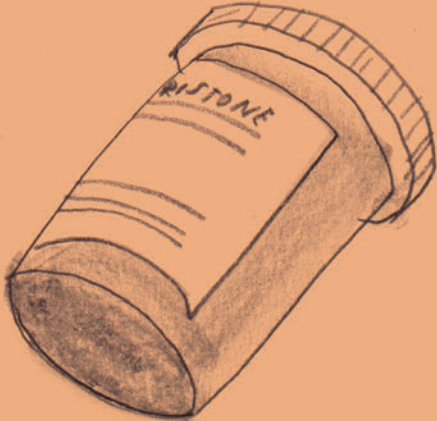
... AND THEN A
COMBINATION OF
PILLS THAT SHE
WAS TO TAKE THE
NEXT DAY, AT
HOME. SHE SWALLOWED
THE FIRST PILL AND
LEFT.

IN CASE YOU'D LIKE A
REMINDER... A MEDICAL
ABORTION IS THE PROCESS OF
ENDING THE PREGNANCY WITH
THE USE OF PILLS. ONE OF THE
MOST COMMON MEDICATIONS
USED IS A COMBINATION OF
MIFEPRISTONE
(AND)

MISOPROSTOL.

MIFEPRISTONE (THE FIRST PILL TAKEN
AT THE OFFICE) BLOCKS PROGESTERONE
FROM THE UTERINE LINING, STOPPING
THE **PREGNANCY** FROM
CONTINUING, WHILE MISOPROSTOL
(TAKEN 24 TO 48 HOURS LATER)
CAUSES CONTRACTIONS THAT
EXPEL THE FETUS.

WHOA



MARY'S FRIEND DROVE
HER HOME AND THEY SAT ON
THE COUCH AND TALKED. SHE
DID NOT FEEL ANYTHING
STRANGE. . . THE DOCTOR HAD
TOLD HER THE SHE MAY OR MAY
NOT FEEL ANYTHING UNTIL SHE
TOOK THE SECOND MEDICATION, THE
MISOPROSTOL. AFTER A WHILE SHE
DECIDED TO TAKE A WALK.

HA
HA
HA



(CAN WE
WATCH
STAR
WARS?)



SHE WONDERED WHEN IT
WOULD ALL START TO
HAPPEN.



AS IT TURNED OUT, MARY
HARDLY FELT ANYTHING FROM
THE FIRST PILL. AT THE TIME
INDICATED, SHE EVENTUALLY
TOOK THE MISOPROSTOL. SHE
(ALLED HER FRIEND (WHO HAD
GONE HOME TO FEED HER CAT),
AND ASKED HER TO COME BACK.





MARY GOT INTO
HER PAJAMAS...

... AND SET HERSELF UP
ON THE COUCH WITH
SOME MAGAZINES.



AFTER

ABOUT AN HOUR,
SHE BEGAN TO FEEL
CRAMPS, LIKE A
PERIOD. THEY
WERE PRETTY STRONG.



THEN SHE FELT NAUSEOUS, AND SHE THREW UP. IN A LOT OF WAYS, THIS WAS THE WORST PART. MARY HATED THROWING UP.

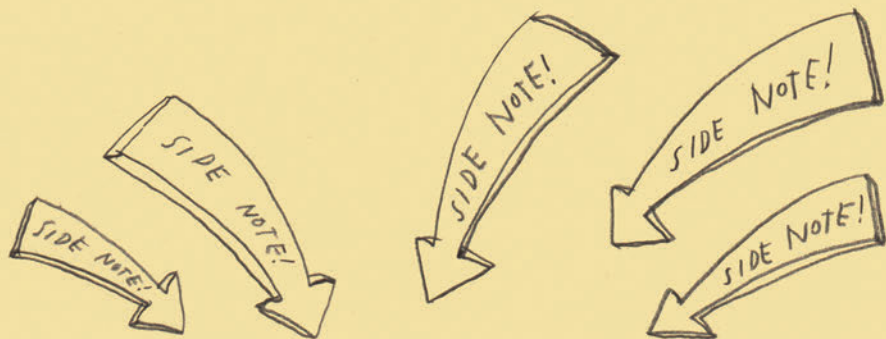
MARY? ARE YOU DOING OK IN THERE?

... BLECH..



EVERYTHING SHE WAS
FEELING WAS WHAT THE
DOCTOR HAD TOLD HER TO
EXPECT. THEY HAD EVEN GIVEN
HER A SHEET OF PAPER WITH
IT ALL WRITTEN OUT:





HOWEVER!

THE DOCTOR, A PIECE OF PAPER,
THE INTERNET, YOUR FRIENDS, OR
THIS BOOK CANNOT
TELL YOU HOW LONG THE PROCESS
WILL TAKE. IT WILL TAKE HOW-
EVER LONG IT WILL TAKE (AND
YOU WILL FEEL BETTER AFTER
IT'S DONE, DON'T WORRY).*

MOST WOMEN ABORT WITHIN 4 OR
FIVE HOURS AFTER TAKING MISOPROSTOL.
SOMETIMES IT TAKES LONGER.

*AND SOMETIMES (A VERY SMALL PERCENT OF
THE TIME), THE PROCEDURE IS NOT
SUCCESSFUL AT EXPELLING THE FETUS, AND
YOU MUST THEN HAVE A SURGICAL ABORTION.

OVER THE NEXT SEVERAL HOURS,
MARY HAD MORE CRAMPING. SHE
HAD BEGUN TO BLEED, AND IT
BECAME HEAVIER. THE DOCTOR HAD
GIVEN HER EXTRA-BIG PADS TO
WEAR.

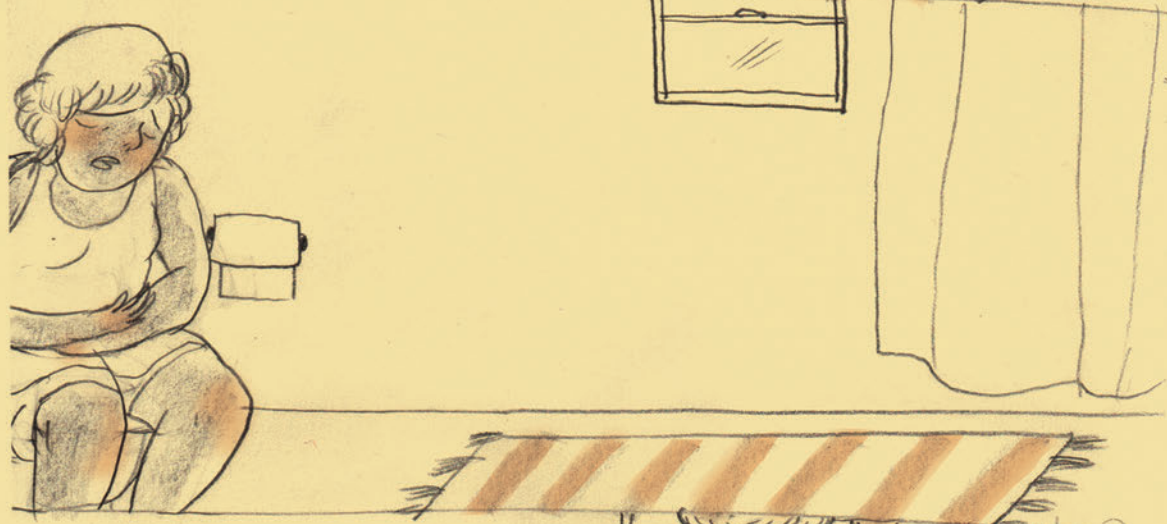


SHE WENT IN AND OUT
OF SLEEP....

... IN AND OUT OF
DREAMS...

... AND IN AND
OUT OF THE BATHROOM
TO CHANGE PADS.
THERE WAS A
LOT OF BLOOD.





AT ONE POINT, THE
BLEEDING GOT **VERY**
HEAVY ALL AT ONCE. SHE
KNEW THAT THIS MEANT
THAT THE ABORTION HAD
REALLY HAPPENED. IT WAS INTENSE
AND MADE HER A LITTLE SAD.
SHE DIDN'T KNOW WHY.



YET
ANOTHER
SIDE NOTE!

IT IS NORMAL TO HAVE
A LOT OF BLEEDING, AND
IT IS ALSO NORMAL TO SEE
LARGER BLOOD CLOTS. THIS MAY
SEEM SCARY, BUT IT'S ACTUALLY
A SIGN THAT THE ABORTION IS
TAKING PLACE. AFTER A FEW
HOURS, THE BLEEDING SHOULD
LESSEN.

DON'T BE SCARED IF YOU
F E E L :

CRAMPS
DIZZINESS
CHILLS
HEADACHE
NAUSEA
FEVER *

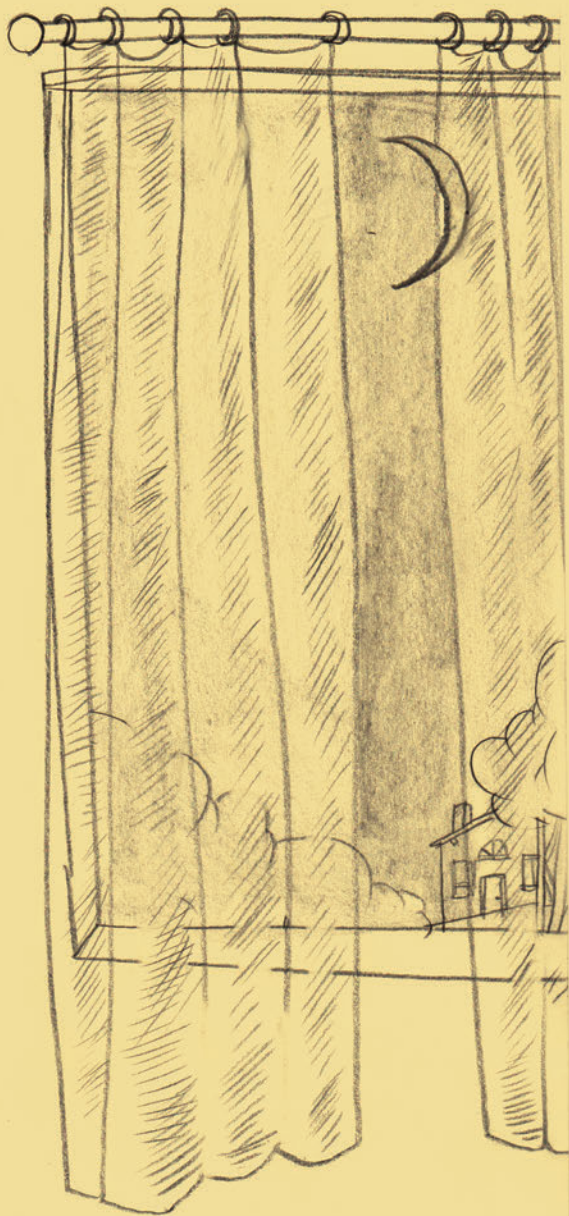
* BUT PLEASE CALL A PHYSICIAN
RIGHT AWAY IF ANY OF THESE SYMPTOMS
SEEM TO BE LASTING LONGER THAN
NORMAL.

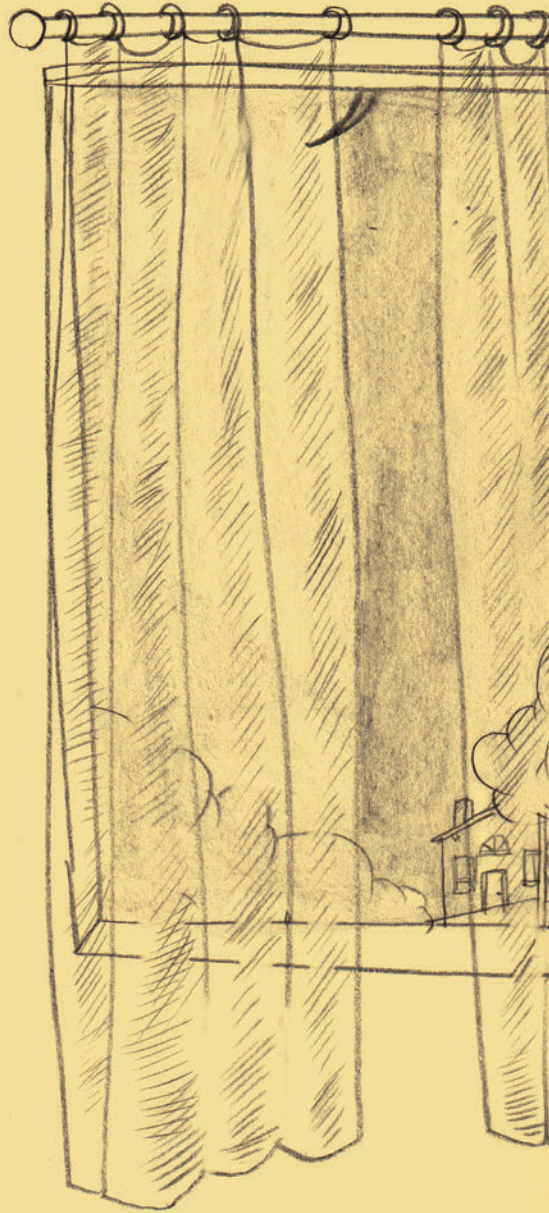
MARY FELT SOME OR ALL OF THESE THINGS OVER THE COURSE OF THE AFTERNOON. DURING THE DAY HER FRIEND BROUGHT HER WATER AND TEA, READ HER THE NEWSPAPER, AND HELD HER HAND WHEN THE CRAMPS CAME ON STRONG. WHEN MARY DOZED OFF, HER FRIEND SAT BESIDE HER AND READ A BOOK.





MARY DRIFTED
IN AND OUT
OF SLEEP.
SHE LOST TRACK
OF TIME, ALTHO
ONCE SHE
OPENED HER EYES
AND SAW THAT
THE DAY HAD
TURNED TO NIGHT.
THE BLEEDING
WAS SLOWING
DOWN, TOO.





IN THE MORNING,
MARY WAS FEELING WOOLZY, BUT
BETTER. THE DOCTOR HAD GIVEN
HER ANTIBIOTICS TO TAKE AS WELL,
TO PREVENT INFECTION.



OVER THE NEXT DAY (AND DAYS), MARY TOOK IT EASY. SHE DID NOT EXERCISE OR WALK FOR VERY LONG. SHE KEPT WEARING BIG PADS UNTIL THE BLEEDING FELT MORE LIKE A LIGHT PERIOD. LIKE LISA, SHE WAS NOT TO USE TAMPONS OR HAVE SEX FOR A WHILE.

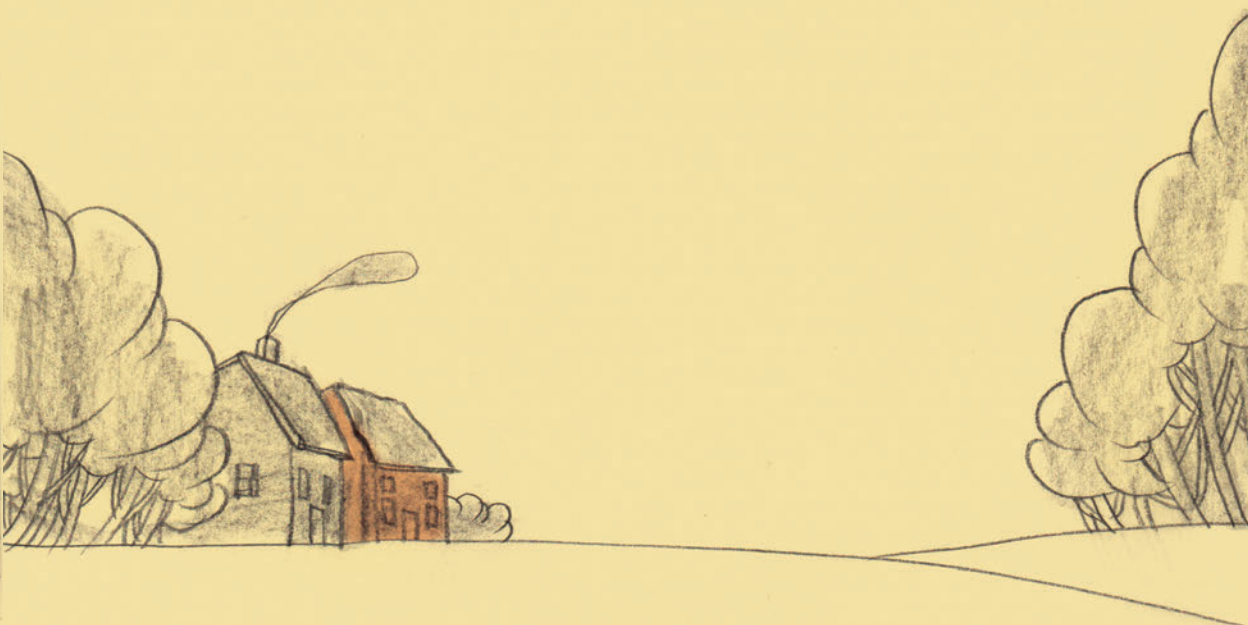
MARY HAD A FOLLOW-UP CHECKUP WITH THE SAME DOCTOR A WEEK LATER. THIS IS A VERY IMPORTANT VISIT TO HAVE WHEN YOU HAVE A MEDICAL ABORTION AT HOME. THE DOCTOR NEEDS TO SEE IF THE PROCEDURE WAS SUCCESSFUL (COMPLETE), AND TO MAKE SURE YOU ARE FEELING HEALTHY.



SHE WALKED HOME FROM
THE OFFICE. SHE WANTED TO BE
BY HERSELF AND THINK ABOUT
EVERYTHING THAT HER BODY
HAD BEEN THROUGH, AND WHAT
IT ALL MEANT TO HER...



... BECAUSE SOMETIMES THAT
IS THE PART THAT TAKES US
THE LONGEST TO FIGURE OUT.







THANK YOU:

MOM, DAD, NINA, MIKE, THEO,
JESSIE, RACHIE, JOSH, ELSA, DIA, ANDREINA,
ALL HAYESES, BUBBA, MICHAEL LEVITON,
KYP MALONE, MYISHA, MARY ELLEN, ERIC &
GARY & EVERYONE AT FANTAGRAPHICS, BEN
RODGERS, ROB BRYN, MATTLITTLEJOHN, PARSONS,
ANDY KEHOE, AJ FOSIK, GARY BASEMAN,
JAY LEVINE, BRAD BANKS, BEN SHAPIRO,
SEAN WALSH, HEAVY DUTY, AMY SATHER,
PETERS DAY, DEVERY DOLEMAN, STEVEN
GUARNACCIA, SHARON VAN 'ETTEN, HEATHER
BRODERICK, AND PLANNED PARENTHOOD.

AND

SPECIAL THANKS TO:
DEBORAH OYER AND
HEATHER CORINNA

RESOURCES:

NATIONAL ABORTION FEDERATION:

WWW.PROCHOICE.ORG

PLANNED PARENTHOOD:

WWW.PLANNEDPARENTHOOD.ORG

A YOUNG MAN'S GUIDE TO
SEXUAL HEALTH:

WWW.PPFASTORE.ORG

BIRTH CONTROL/GENERAL:

WWW.WOMENSHEALTH.GOV

OTHER OPTIONS:

WWW.ADOPTION.COM

WHY THIS BOOK?

THERE ARE SEVERAL REASONS WHY I CHOSE TO WRITE THIS BOOK, AND THEN SHARE IT.

THE SUBJECT OF ABORTION IS A TRICKY ONE: SO MUCH (UNDERSTANDABLE) FOCUS IS GIVEN TO RIGHT/WRONG, SHOULD/SHOULDN'T, PRO/CON, CHOICE/NO CHOICE, ETC... THE POLITICAL DISCOURSE BEGINS ALMOST IMMEDIATELY AT THE DECISION WHETHER OR NOT TO ABORT, AND THEN OFTEN FLINGS ITSELF WILDLY TO THE "END" OF THE PROCESS. YOU DID IT: DID YOU DO THE RIGHT THING? ARE YOU CONFLICTED? WHAT DO YOU CALL YOURSELF, PRO-CHOICE OR PRO-LIFE? DO YOU HAVE REGRET, EITHER WAY? WHAT DOES IT MEAN TO REGRET HAVING AN ABORTION? WHAT DOES IT MEAN TO REGRET NOT HAVING AN ABORTION? THE SUBJECT IS LADEN WITH HEAVY, SOMETIMES UNANSWERABLE IDEAS AND QUESTIONS; BOTH HAPPY AND SAD, EMPOWERING AND SCARY.

AS FAR AS I UNDERSTAND IT:
A HUGE PART OF BEING ABLE
TO DECIDE FOR ONESELF WHETHER OR
NOT TO HAVE AN ABORTION IS THE
FREEDOM TO DEAL WITH SOME OF
THESE QUESTIONS AT YOUR OWN
PACE, IN YOUR OWN WAY, AT YOUR
OWN TIME.

BUT WHAT ABOUT THE
ACT "IN-BETWEEN" THE MEANING
AND THE POLITICS AND THE
ARGUMENTS? WHAT IS IT LIKE TO
GO THROUGH SOMETHING SO PHYSICAL
(YET SO EMOTIONALLY CHARGED),
SOMETHING SO PERSONAL, YET SOME-
THING SO UNIVERSAL...? A PROCEDURE
THAT SO MANY WOMEN GO THROUGH
CAN ALSO SEEM LIKE YOU ARE
VERY ALONE. PART OF MY INTENTION IS
TO MAKE SUCH A THING SEEM LESS
LONELY, IF I CAN.

AS THE AUTHOR, I'M NOT TRYING
TO OFFER MY OWN POLITICAL AGENDA
ONE WAY OR THE OTHER ABOUT
THE SUBJECT OF ABORTION, LIKE
YOU, I HAVE MY OWN THOUGHTS

AND FEELINGS SURROUNDING THE
ISSUE, BUT ALSO LIKE YOU: THEY ARE
PERSONAL, AND I WOULD NOT PRESUME
TO SUGGEST YOU ADOPT MINE. WHAT
I DO WANT IS TO SHOW MY OWN
VISUAL INSIGHT INTO THE PHYSICAL
PROCESS THAT WE DON'T ALWAYS GET
TO SEE, MY GOAL IS TO SHOW, AND
POSSIBLY, MAYBE COMFORT IN SOME
WAY DURING AN EMOTIONAL PROCEDURE.
I DO NOT TAKE THIS SUBJECT
LIGHTLY. BUT I DO WANT GIRLS
TO BE HEALTHY, HAPPY, MAKE GOOD
CHOICES FOR THEMSELVES... AND
ALL I HAVE IS A PENCIL.

