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New Study Shows Telehealth Medication Abortion Care is Safe and Effective

San Francisco, CA -- A [new study published in JAMA Network Open](#) shows that medication abortion care, administered via telehealth and delivered by mail, is safe and effective. The study provides some of the earliest data on new [virtual clinics](#) in the U.S. that have been providing abortion care via telehealth during the pandemic.

The study, published by the [University of California, San Francisco's Advancing New Standards in Reproductive Health](#) (ANSIRH), assessed patients who received medication abortion care via telehealth from the service [Choix](#) between October 2020 and January 2021. Findings show that **95% of patients had complete abortions, a rate that is similar to medication abortion care administered in person.** None of the patients reported any major adverse events.

Medication abortion, also known as the abortion pill, involves a combination of two medicines – mifepristone and misoprostol. The Food and Drug Administration (FDA) requires that mifepristone [only be dispensed](#) by certified healthcare providers — in clinics, medical offices, or hospitals — limiting the provision of care via telehealth. During the pandemic, the FDA has lifted the [in-person requirement](#) for medication abortion care to allow people to get care without risking exposure to COVID-19, and is currently conducting a full review of all the restrictions on medication abortion care.

“Telehealth medication abortion is the future, and it’s time our policies align with the scientific evidence,” said Ushma Upadhyay, PhD, MPH, study author and associate professor at Advancing New Standards in Reproductive Health.

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Advancing New Standards in Reproductive Health (ANSIRH), based at the University of California, San Francisco (UCSF), conducts rigorous scientific research on complex issues related to reproductive health in the United States and internationally. ANSIRH provides much-needed evidence for active policy debates and legal battles around reproductive health issues. To learn more, please visit www.ansirh.org.