

# BARRIERS TO ABORTION & ATTEMPTED SELF-MANAGED ABORTION

A UCSF study has found that...

**1 out of 4 people seeking an abortion first attempt one on their own by:**

- Taking herbs, supplements, or vitamins
- Taking many contraceptive pills at once
- Getting abortion pills without medical help
- Self-inflicting physical trauma



## WHY DOES THIS HAPPEN?



People who attempted a self-managed abortion...



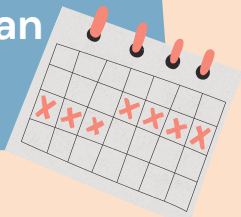
- Lived **further away** from an abortion facility
- **Lacked money** to pay for the abortion and travel



- Needed to keep the pregnancy or abortion a **secret**
- **Feared** for their safety or well-being

Self-managed abortion is not always harmful, but can lead to **delays to abortion care**

People who attempted to end their pregnancies on their own were more likely to still be seeking an abortion 4 weeks later



## WHAT IS ITS SIGNIFICANCE?



Removing legal restrictions will help reduce self-managed abortion attempts and help people get abortion care **as soon as they need it.**

Visit **ANSIRH.org** for more info

Upadhyay, U.D., Cartwright, A.F., Grossman, D. (2021). Barriers to abortion care and incidence of attempted self-managed abortion among individuals searching Google for abortion care: A national prospective study. *Contraception*. <https://doi.org/10.1016/j.contraception.2021.09.009>

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