

The Soul Style

Abortion Preparation Checklist

Appointment and Support Checklist

- Book appointment with doctor/OBGYN
- Setup and/or check medical plan or payment options
- Hire Abortion Doula (optional)
- Create support network (Friends, Family, [Abortion Support Facebook Page](#))
- Fill out '[Abortions Intentions Care Plan](#)' by The Abortion Project
- Plan Meal Train (www.MealTrain.com)
- Get Abortion Pill
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Supplies Checklist

- Gravel and Gin Gins for Nausea)
- Ibuprofen Extra Strength or painkillers prescribed by doctor
- Towels (older or darker towels)
- Depends Underwear
- Relaxing Music Playlist
- Primrose Oil or Parsley
Insert vaginally days prior to taking the abortion pills to soften your cervix.
- Essential Oils
- Heating Pack
- Raspberry Leaf Tea
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Day 1 + 2 Checklist

- Abortions Intentions Care Plan, Abortion Preparation Checklist
- Warm Bath
- Comfy Clothes
- Things that bring you comfort
Book, Journal, Magazine, Candles, Teas, Pregnancy Mementos, Power Song
- Heating Pack
- Essential Oils
- Set up Alter
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Aftercare Checklist

- Book follow-up with doctor/OBGYN
- Emotional Support (Therapist, Counsellor, Spiritual Adviser)
- Depends or Pads
- Iron Supplement
- Essential Oils
- Hormone Balancing Herbs or Supplements
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Let's Get Personal

In this section you will find personal tidbits taken from my personal abortion story.

- If you are doing this alone, I would suggest a group chat with friends, someone from the Abortion Support Facebook Page or an Abortion Doula to have on standby.
- Each abortion is unique, there is no 'right' or 'wrong' when it comes to your process.
- The post abortion emotional healing journey was very different than I had anticipated (this was the part that I was the most nervous about). I don't have kids and had never been pregnant before so feeling the sudden loss of pregnancy was very difficult for me, especially since I want nothing more than to be a mom and have a family with my life-partner. The sudden urge to get pregnant again was very strong. This is normal.
- This is a loss. Take the time you need to mourn. Not only did I grieve the loss of this pregnancy, I was also going through a break-up and grieving the loss of a future I so badly want to create for myself (when the time is right).

Resources

Understanding Abortion, Healing and the Spirit

Facebook

Abortion Support

This is a Private Facebook Page for those that are about to have an abortion or are healing from having had an abortion. It is community support, not clinical/professional.

Instagram

@theabortionproject

Real content that assisted me to actually mentally and emotionally prepare for what to expect.

@abortionislove

@shoutyourabortion

Websites

I googled how many weeks I would be at the time of the abortion to see what the embryo/fetus would look like at this stage. There are photos of real miscarriages on Google that assisted me to actually mentally and emotionally prepare myself for what to expect. I had an innate feeling that I would end up seeing the embryo and am so happy that I followed my intuition on this one.

<https://www.myabortionoptions.ca/>

<https://www.trulymedium.com/blog/miscarriage-still-birth-abortion-sids>

<https://www.jannerobinson.com/pages/aborting-shame-one-womans-experience-within-abortion>

Books

Exert from Echoes of the Soul: Moving Beyond the Light by Echo Bodine

Chapter 3: Birth - Going Back to School, Page 65 ([Abortion, Page 72](#))

Women's Bodies, Women's Wisdom by Christine Northrup, M.D.

Chapter 11: Our Fertility, Pages 393 - 452