**Appendix 2. Methods of self-managed abortion reported in the literature, and information on how methods were procured**

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| --- | --- | --- | --- | --- | --- |
| **Country** | **Author** | **Year** | **Details** | **How method used** | **Procurement** |
| Plants/herbs (ingestion) |
| Ireland | Aiken | 2018 | Parsley tea |   |   |
| USA | Aiken  | 2018 | Black cohosh |   |   |
| Haiti | Albuja | 2016 | Potions made of leaves and herbs |   |   |
| India | Bannerjee | 2012 | Home made concoction (kahva, papaya, chili)  |   |   |
| USA | Begun | 2018 | Herbs |   |   |
| Ireland | Delay | 2019 | Savin or juniper, myrrh, mugwort, aloe, rue pennyroyal, quinine/cinchona, and ergot.  |   |   |
| Brazil | Duarte | 2018 | Teas |   |   |
| South Africa | Gerdts | 2017 | Herbal remedies such as Stametta (aloe, ascorbic acid and magnesium sulfate) |   |   |
| Phillipines | Gipson | 2011 | Herbs gathered from trees, bitter herbs |   |   |
| USA | Grossman | 2018 | Herbs |   |   |
| USA | Grossman | 2010 | Rue and sage tea, St John’s wort, black and blue cohosh, black walnut, oak bark and other unspecified plants.  |   |   |
| USA | Herbert | 2009 | cohosh, pennyroyal |   |   |
| Mexico | Hernandez-Rosete | 2019 | Herbs, abortive tea  |   |   |
| Ghana | Hill | 2009 | herbal mixtures |   |   |
| Ethiopia | Hodoglugil | 2012 | plants |   |   |
| USA | Jerman | 2018 | herbs/vitamins |   |   |
| USA | Kerestes | 2019 | Black cohosh, dong quai  |   |   |
| Ghana | Kyllieh | 2018 | Boiled pawpaw leaves |   |   |
| Egypt | Lane | 1998 | Strong teas: cinnamon, ginger, boiled brown outer skin of an onion |   |   |
| Brazil | Madeiro | 2015 | traditional herbs |   |   |
| Brazil | Mengue | 1998 | Medicinal herbs (teas: Senna, rue, canella, boldo | Taken as a tea |   |
| India | Nath  | 1997 | The most commonly and popularly used plant was Hibiscus."On the basis of percentage of use in the surveyed population, the plants were divided in 3 categories: 0-40%, 41-60%, and 61-100%. i) Mesua ferrea (40%) ii) Abrus precatorius (50%), Aloe barbadensis (50%), Bambusa arundinacea (50%), Mentha arvensis (50%), Butea monosperma (57%), Anethum sowa (60%), Trigonella foenum-gracum (60%), Michelia champaka (60%); iii) Adhatoda vasica (70%), Cannabis satvia (70%), Hibiscus rosa sinesis (75%), Moringa oleifera (70%), Trachyspermum ammi (67%)." |   |   |
| Brazil | Nations  | 1997 | Traditional herbs. Cargo Santo with Arueira, Corama with Malva (juice) and Angelica,bottled solutionswith nine different types of herbs |   | Traditional herbalists |
| US & Canada | Ojanen-Goldsmith | 2017 | Herbs |   |   |
| Mauritus | Oodit  | 1996 |  Ingestion of a pineapple early in the morning on an empty stomach for two-three weeks until bleeding started. The ingestion of a boiled mixture of avocado leaves, ginger, tea leaves and the skin of a drumstick tree also taken in the morning on an emptystomach, to act as a dilator/irritant. |   |   |
| Kenya  | Penfold | 2018 | Tea made from roots and bark |   |   |
| Madagascar  | Pourette | 2018 | Infusions or herbal decoctions  |   |   |
| Nepal | Rogers | 2019 | Herbs |   |   |
| Turkey | Sensoy | 2015 | Boiling and drinking cumin  |   |   |
| Indonesia | Wantania | 2012 | Herbs or traditional materials |   |   |
| Zambia  | Webb | 2000 | Boiled roots – Lunsonga (Bemba), muzwezi – various types of plants from the euphorbia family which are green, cactuslik and produce white sap, often taken with bread; mubonobono, mululwe, mulozameno (also used for treating toothache), munsokansoka roots – very bitter and easily obtained in markets. Also mentioned in reference to dysmenorrhoea itembusha – sisal like plants; mbulumbulu leaves, paw paw roots, matolisa – bitter roots soaked in water and drunk, mkoswe roots. Ashes – mulota, ifisikisa, chidulo – ashes from charcoal. Some trees contain high amounts of sodium carbonate which when burnt leave a soda. |   | Munsokansoka roots – very bitter and easily obtained in markets |
| Toxic substances (ingestion)  |
| USA | Aiken | 2018 | Cleaning substances, vinegar |   |   |
| Bolivia | Bury | 2012 | Chemical solutions |   |   |
| South Africa | Gerdts | 2017 | Steel wool, household cleaning agents  |   |   |
| Ethiopia | Hodoglugil | 2012 | laundry detergent  |   |   |
| South Africa | Jewkes | 2005 | fabric softener |   |   |
| Zambia  | Webb | 2000 | Rushed bottles – drinking ground glass with any beverage. Washing powder – Local brands were mentioned such as ‘Dynamo’ and ‘Boom’, which are either drunk with water or taken dry. Often half a packet is consumed. Other methods mentioned were drinking salt solution, battery acid or methylated spirits. |   | Elders, grandparents and friends who have experience in dealing with abortions are consulted for help. |
| Intruterine |
| USA | Aiken | 2018 | Sharp objects, hanger  |   |   |
| Ireland | Aiken | 2018 | Long/sharp instrument |   |   |
| Haiti | Albuja | 2016 | Nonsterile instruments such as hangers |   |   |
| India | Bannerjee | 2012 | Metal stick/herbs |   |   |
| Burma | Belton | 2007 | “insertion of objects” bamboo sticks |   |   |
| India | Bose | 1978 | Stick from a shrub |   |   |
| Bolivia | Bury | 2012 | Herbs or roots  |   |   |
| Uruguay | Ciganda | 2003 | Self inflicted instrumental manipulation  |   |   |
| Ireland | Delay | 2019 | Digital penetration, sea-tange tents, douching/syringe |   |   |
| Brazil | Duarte | 2018 | Needles |   |   |
| USA | Grossman | 2010 | Intravaginal trauma |   |   |
| South Africa | Jewkes | 2005 | Pencil inserted in vagina  |   |   |
| Ethiopia | Kebede | 2000 | Rubber tubes, or roots of plants |   |   |
| Ghana | Kyllieh | 2018 | Inserting herbs into the vagina  |   |   |
| Egypt | Lane | 1998 | Vaginal Handal: boiled and mashed and placed inside the vagina on cotton. Salt: placed in the vagina. Inserted into the cervix: A hard lump of sugar (rock, crystal sugar); A hard green bean; A long stick, usually molokhia, that is first dipped in oil; An intrauterine device |   |   |
| Mozambique | Machungo | 1997 | Potassium permanganate, resulted in local burns at the vaginal and cervical level" sound or catheter, intrauterine device,roots |   |   |
| Bangladesh | Measham | 1981 | Tree root sticks, catheters, or intrauterine contraceptive devices were also used sometimes in conjunction with herbs, injections, or oral drugs.  | Insert a tree root into the uterus and leave it in place until an abortion or complications ensu |   |
| Mauritus | Oodit  | 1996 | Bicycle spokes or umbrella ribs were inserted into the vagina until bleeding started. Ananas marron (wild pineapple) and a boiled onion were introducedinto the cervix. |   |   |
| Kenya  | Penfold | 2018 | Inserting herbs into the vagina  |   |   |
| Madagascar  | Pourette | 2018 | Intrauterine insertion of probes or plant stems  |   |   |
| Turkey | Sensoy | 2015 | Inserting a needle into the uterus; placing cotton with olive oil into the cervix area |   |   |
| Zambia  | Webb | 2000 | Physical removal – using a stick or sharp root to ‘prick foetus’, often cassava (katapa), paw paw or chilli. Matabula tree – a type of large cassava tree where a leaf stalk is taken and entered into the vagina.  |   |   |
| Physical trauma  |
| USA | Aiken | 2018 | Extraneous exercise  |   |   |
| Ireland | Aiken | 2018 | Hot baths, “fitness class that required jumping on a trampoline, long walks, sit-ups squats”  |   |   |
| India | Bannerjee | 2012 | External massage |   |   |
| USA | Begun | 2018 | Starvation |   |   |
| Burma | Belton | 2007 | Vigorous pelvic pummeling |   |   |
| Bolivia | Bury | 2012 | Falling or lifting heavy objects |   |   |
| Ireland | Delay | 2019 | Self-harm, hot baths, and strenuous exercise - jumping over ditches, jumping down from tables and sheds, running arge distances, carrying heavy loads |   |   |
| Phillipines | Flavier | 1980 | Abdominal massage |   |   |
| New Zealand | Gemming | 1978 | Unusual exercise or exertion, hot or cold baths |   |   |
| Phillipines | Gipson | 2011 | Hilot (abdominal massage) |   |   |
| USA | Grossman | 2010 | Abdominal trauma, excessive exercise |   |   |
| USA | Grossman | 2018 | Getting hit in the abdomen |   |   |
| Egypt | Lane | 1998 | Jumping from the top of the stairs or a low roof. Lifting heavy objects. Rectal Enemas: with soap or Shih tea (Artemisia herba-alba or wormwood) |   |   |
| Thailand | Naravage | 2009 | Using pressure and objects to beat the belly |   |   |
| Mauritus | Oodit  | 1996 |  Heavy loads, such as buckets of water, were carried on the head, sides, and/or stomach to put pressure on the body, especially on the uterus, until it started to bleed. Jumping from heights, such as tables, to induce bleeding. A child was made to jump on the stomach of the women until she feltpain or bleeding started. |   |   |
| Kenya  | Penfold | 2018 | Heavy massage |   |   |
| Nepal | Rogers | 2019 | Extensive massage |   |   |
| Turkey | Sensoy | 2015 | Lifting heavy things, putting a heavy object on the belly, jumping from a high place  |   |   |
| Mifepristone + misoprostol |
| Ireland | Aiken | 2017 |   |   |   |
| Ireland | Aiken | 2017 |   |   |   |
| UK | Aiken | 2018 |   |   |   |
| Ghana | Appiah-Agyekum | 2018 |   |   | Private and public health care facilities, pharmacies and other drug outlets for abortions.  |
| India | Armo | 2015 |   |   |   |
| India | Bhalla | 2018 |   |   |   |
| Argentina | Elizalde | 2018 |   |   |   |
| Poland | Endler  | 2019 |   |   | Online telemedicine service  |
| Poland | Foster | 2018 |   |   | Online telemedicine service  |
| Indonesia | Gerdts | 2018 |   |   |   |
| USA | Kerestes | 2018 |   |   |   |
| Chile | Manriquez | 2018 |   |   | Sources included doctors (only one person), pill sellers, friendship networks, personal relationships and connections with members of certain university groups; direct purchase on the Internet; and internet-based telemedicineservice. |
| Kenya  | Mutua  | 2018 |   |   | Pharmacies  |
| Nepal | Rogers | 2019 |   |   | Pharmacies  |
| South Korea | Yoon | 2018 |   |   | Online telemedicine service  |
| Misoprostol only |
| Saudi Arabia | Alsibiani | 2014 |   |   |   |
| Ghana | Appiah-Agyekum | 2018 | Cytotec, Arthotec, Oxaprost |   | Private and public health care facilities, pharmacies and other drug outlets for abortions.  |
| Haiti | Berry-Bibee | 2018 |   |   |   |
| Bolivia | Bury | 2012 |   |   |   |
| Brazil | De Zordo | 2016 |   |   |   |
| Brazil | Duarte | 2018 | Cytotec |   | Internet or telephone vendors, friends, relatives, neighbors or pharmacists  |
| Argentina | Elizalde | 2018 |   |   | Internet, social networks, friends  |
| Brazil | Ferrari | 2018 | Cytotec |   | Informal vendors  |
| Indonesia | Gerdts | 2018 |   |   |   |
| Phillipines | Gipson | 2011 | Cytotec |   |   |
| USA | Grossman | 2010 |   |   | Friends, shops, across the border in Mexican pharmacies.  |
| USA | Grossman | 2018 |   |   |   |
| USA | Herbert | 2009 |   |   |   |
| USA | Jerman | 2018 | Cytotec |   |   |
| South Africa | Jewkes | 2005 |   |   | "Those who saw a nurse, doctor or pharmacist were mostlygiven misoprostol." |
| Armenia | Jilozian | 2016 | Cytotec | Health professionals noted that their patients use dosages of misoprostol that differ from the usual recommended dose.  |  |
| USA | Jones | 2011 |   |   |   |
| Tanzania | Kahabuka | 2017 |   | 76.3% reported using the correct amount of misoprostol as advised at the initial visit.  | Local pharmacies without prescription |
| USA | Kerestes | 2018 |   |   |   |
| USA | Kerestes | 2017 |   |   | online |
| USA | Kerestes | 2019 |   |   | Online, a clinic, a store, outside the US |
| Latin America (unspecified) | Lara | 2006 | Misoprostol |   | sold by pharmacists |
| Brazil | Madeiro | 2015 |   |   |   |
| South Africa  | Mandondo | 2018 |   | The misoprostol dosagesingested ranged from 400 to 1 200 μg, with 10 women (56%) taking800 μg orally. Two women (11%) took 400 μg orally, 2 (11%) took400 μg orally and vaginally, and 1 (6%) took 1 200 μg orally. Themisoprostol dosage was unspecified in 3 women (17%). | Telephone vendors, family/friends, physician, informal vendor  |
| Chile | Manriquez | 2018 |   |   | Sources included doctors (only one person), pill sellers, friendship networks, personal relationships and connections with members of certain university groups; direct purchase on the Internet; and internet-based telemedicine service. |
| Haiti | Meffen  | 2018 | Cytotec |   |   |
| Tanzania | Meglioli | 2015 |   |   |   |
| Brazil | Mengue | 1998 |   |   |   |
| Uruguay | Nozar  | 2009 |   | Most women used vaginal misoprostol (97% vs. 86.8%), in the doses recommended in the medical literature |   |
| Nicaragua | Ochoa | 2018 |   |   |   |
| Mauritus | Oodit  | 1996 | Cytotec |   | Pharmacists |
| Madagascar  | Pourette | 2018 | Cytotec |   | Friends/family, informal vendors, health care provider, traditional birth attendant, pharmacy |
| Nigeria | Ujah | 2009 |   |   | Pharmacy shops in the urban community of Jos Northand Jos South Local government areas |
| Indonesia | Wantania | 2012 |   |   |   |
| Alcohol and drug abuse |
| USA | Aiken | 2018 | alcohol |   |   |
| Ireland | Aiken | 2018 | Bottle of vodka |   |   |
| Ghana | Damalie | 2014 | Alcoholic beverages  |   |   |
| Ireland | Delay | 2019 | Gin |   |   |
| New Zealand | Gemming | 1978 | Alcohol |   |   |
| South Africa | Gerdts | 2017 | Alcohol |   |   |
| USA | Grossman | 2010 | Alcohol, cocaine |   |   |
| USA | Jerman | 2018 | alcohol or drugs |   |   |
| Ghana | Kyllieh | 2018 | Alcoholic beverages  |   |   |
| Other drugs, substances and mixtures |
| Ghana | Ahiadeke | 2002 | Paracetamol |   |   |
| USA | Aiken | 2018 | Vitamin C |   |   |
| Ireland | Aiken | 2018 | Vitamin C |   |   |
| Haiti | Albuja | 2016 | Pills |   |   |
| Ghana | Appia | 2014 | Drugs |   |   |
| Ghana | Appiah-Agyekum | 2018 | Aspirin, Diclofenac (used alone or with alcoholic beverages, herbs and roots). Prescription drugs like metformin, Faverin, Paxil. Contraceptives, emergency contraception, painkillers |   | Private and public health care facilities, pharmacies and other drug outlets for abortions.  |
| India | Bannerjee | 2012 | Goli (tablets), Ayurvedic medicine |   |   |
| USA | Begun | 2018 | Drugs  |   |   |
| Burma | Belton | 2007 | Western and Burmese medicine |   |   |
| Haiti | Berry-Bibee | 2018 | Miso+beer |   |   |
| DRC | Burkhardt | 2016 | Unspecified oral medication |   |   |
| Bolivia | Bury | 2012 | Sauna, arranging a car accident, injecting substances intramuscularly  |   |   |
| Uruguay | Ciganda | 2003 | Pharmaceuticals (injected hormones, acetylsalicylic acid and other drugs in nontoxic doses) were used in association with herbals in 15 cases  |   |   |
| South Africa | Constant | 2014 | Plan B, antibiotics, smoking a lot of cigarettes |   |   |
| Ghana | Damalie | 2014 | Sugar concontions; Locally prepared blood tonics; Over the counter drugs (ergometrine or nor-ethisterone enanthate tablets) |   |   |
| Ireland | Delay | 2019 | Medications, laxatives, purgatives, castor oil  |   | Informal vendors  |
| Brazil | Duarte | 2018 | Antidepressant  |   |   |
| Philippines | Flavier  | 1980 | Tablets, injections |   |   |
| New Zealand | Gemming | 1978 | Drugs, medicines, instrument |   |   |
| South Africa  | Gerdts | 2017 | Dutch remedies, laxatives other miscellaneous medications (probably pain medication mixed with miso) |   |   |
| Phillipines | Gipson | 2011 | Over the counter medicines (aspirin, paracetamol) | Should be ingested on an empty stomach and with a warm, clear soft drink such as 7 -Up or Sprite |   |
| USA | Grossman | 2010 | Vitamin C, aspirin, laxatives, oral contraceptives, hormonal injections and unspecified pills or injections. Food beverage (coffee with lemon, warm coca cola with baking soda, unspecified syrups, malta) |   |   |
| USA | Grossman | 2018 | Other medication |   |   |
| Mali | Hami | 2013 | Chloroquine |   |   |
| USA | Herbert | 2009 | Vitamin C, miso and other substances |   |   |
| Ghana | Hill | 2009 | Sugar related substances, analgesics, ground obttomes and hormonal preparations, drugs  |   | Drugs from a drug seller |
| South Africa | Jewkes | 2005 | Dutch medicines, laxatives, quinine, oral contraeptives. "prevention pills", packets of triphascil, packet of Ovral, vinegar, tataric acid Essence of life and Brokoon, rooklax, castor oil, Alwyn, polive oil, methylated spirit, mixture of tablets and painkillers |   |   |
| Ethiopia | Kebede | 2000 | Drugs (unspecified) |   |   |
| USA | Kerestes | 2019 | Vitamin C |   |   |
| Ghana | Kyllieh | 2018 | Nescafe, grinded bottles  |   |   |
| Egypt | Lane | 1998 | "Indigenous methods" (wasfa baladi); Handal (Citrullus colocynthis Schrad.); mashed and boiledHilba (Trigonellafoenum-graecum or fenugreek), eaten dry from the spoon; Cottonseed oil: a laxative; Chloroquin: antimalarial pills; Two cholera immunizations (from diferent health units) on thesame day | Women report using two or more of these methods at once and often trying a series of methods in sequence if they do not achieve results. | Chloroquine: at pharmacies over the counter  |
| Latin America (unspecified) | Lara | 2006 | Hormonal injections (5 mg of estradiol benzoate and 50 mg of progesterone was the most popular. Other combined hormonal injections containing an estrogen (estradiol enanthate, estradiol cypionate or estradiol benzoate) as well as progestin (algestone or medroxyprogesterone acetate) and estradiol benzoate alone ), quinine gluconate, oxytocin. Emergency contraceptives, oral contraceptives |   | Pharmacists |
| Mozambique | Machungo | 1997 | "Traditional methods" |   |   |
| South Africa | Makorah | 1997 | Laxatives, enemas, pills such as Disprin, herbs. Aloe, Balsam kopifa, Dettol and others such as Super rose lotion. |   |   |
| Haiti | Meffen  | 2018 | Combination of injections, plants or tablets  |   |   |
| Brazil | Mengue | 1998 | Combinations of estrogens and progestagens, Progesterone 1 estradiol, medroxyprogesterone acetate; Prostaglandins: Misoprostol |   |   |
| Thailand | Naravage | 2009 | Abortifacient products (unspecified) |   | Drugstores or grocery stores, traditional healers  |
| Brazil | Nations | 1997 | Gineeoside s a postconceptive "pregnancy test." Ginecoside, contains high doses of estrogen and progestin which can provoke bleeding; Warm red wine. Two patent drugs are widely used: Regulador Xavier I and 11 and As Legitimas Pilulas Purgativas do Cirurgido Mattos(The legitimate Purgative Pills of Surgeon, Dr Mattos) or, as popularly called, "Pilula do Mato" ("pill of the bush"). A third patent drug, ~tgua Inglesa.  |   | Pharrmacies  |
| India  | Nivedita | 2015 | Abortion pills (unespecified) |   |   |
| US & Canada | Ojanen-Goldsmith | 2017 | unspecified medication |   |   |
| Mauritus | Oodit  | 1996 | • Drinking boiled wine with cinnamon.• Drinking epsom salts.• Drinking 'eau de vie' (hard alcohol) and cinnamon.• Drinking hot 'monis' (an iron supplement). |   |   |
| Kenya  | Penfold | 2018 | Unspecified pills  |   |   |
| Madagascar  | Pourette | 2018 | Estrogen-progestogen pills |   |   |
| Nepal | Rogers | 2019 | Drugs of unknown chemical composition |   |   |
| Nigeria | Ujah | 2009 | Drugs such as Postinor (22%), Gynaecosid menstrogen (11%), Apriol and steel (10%) and quinine (9%). |   | Pharmacies |
| Zambia  | Webb | 2000 | Chloroquine ; Painkillers/antibiotics – Cafenol, Panadol, ‘capsules’, ampicillin, aspirin, Anadin. Various doses are mentioned, 8–10 tablets at once being the most commonly cited. Beverages – boiled beer, boiled Coca Cola, Mazoe, Fanta. These are usually drunk with an overdose of painkillers. Verystrong tea (amasamba – Bemba). | Chloroquine: usually in the region of 8–20 tablets, taken either all together or over one or two days. Painkillers / antibiotics: Various doses are mentioned, 8–10 tablets at once being the most commonly cited.Beverages: These are usually drunk with an overdose of painkillers. |   |