

# Unwanted Kit Bleeding Guide: Timelines, Tips & Recovery



With Ayurveda Insights | Updated Oct 2025

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# Welcome!



Using an MTP kit like Unwanted? Bleeding can feel overwhelming, but it's normal for 95% of users—lasting 1-2 weeks on average.[1] This guide covers what to expect, busts fears, and offers tips for smooth recovery. You're not alone; knowledge empowers.

 **Disclaimer:** Info only—not medical advice. Track symptoms; see a doctor if concerned.

Footer: Free Download – Take Charge of Your Care!

 **by Dr Seema Gupta**

# Quick Overview & 2025 Updates



## Why Timelines Matter + 2025 Access Boost

Unwanted Kit (mifepristone + misoprostol) blocks hormones and triggers expulsion—bleeding starts 1-4 hours post-misoprostol, heaviest in 24-48 hours.[2] Track to spot normals vs. needs (e.g., >2 pads/hour = call doc).[3]

### 2025 Updates:

- **US:** Mail-order in 20+ states via Aid Access.[4]
- **India:** Telehealth up 40% under MTP Act—Practo for virtual consults.[5]
- **Rural gaps?** ASHA kits bridge 60% access.[6]

### Myths Busted:

#### Heavy = Failure?

No—95% success sign![7]

#### Infertility Risk?

Myth—fertility back in 2-4 weeks.[8]

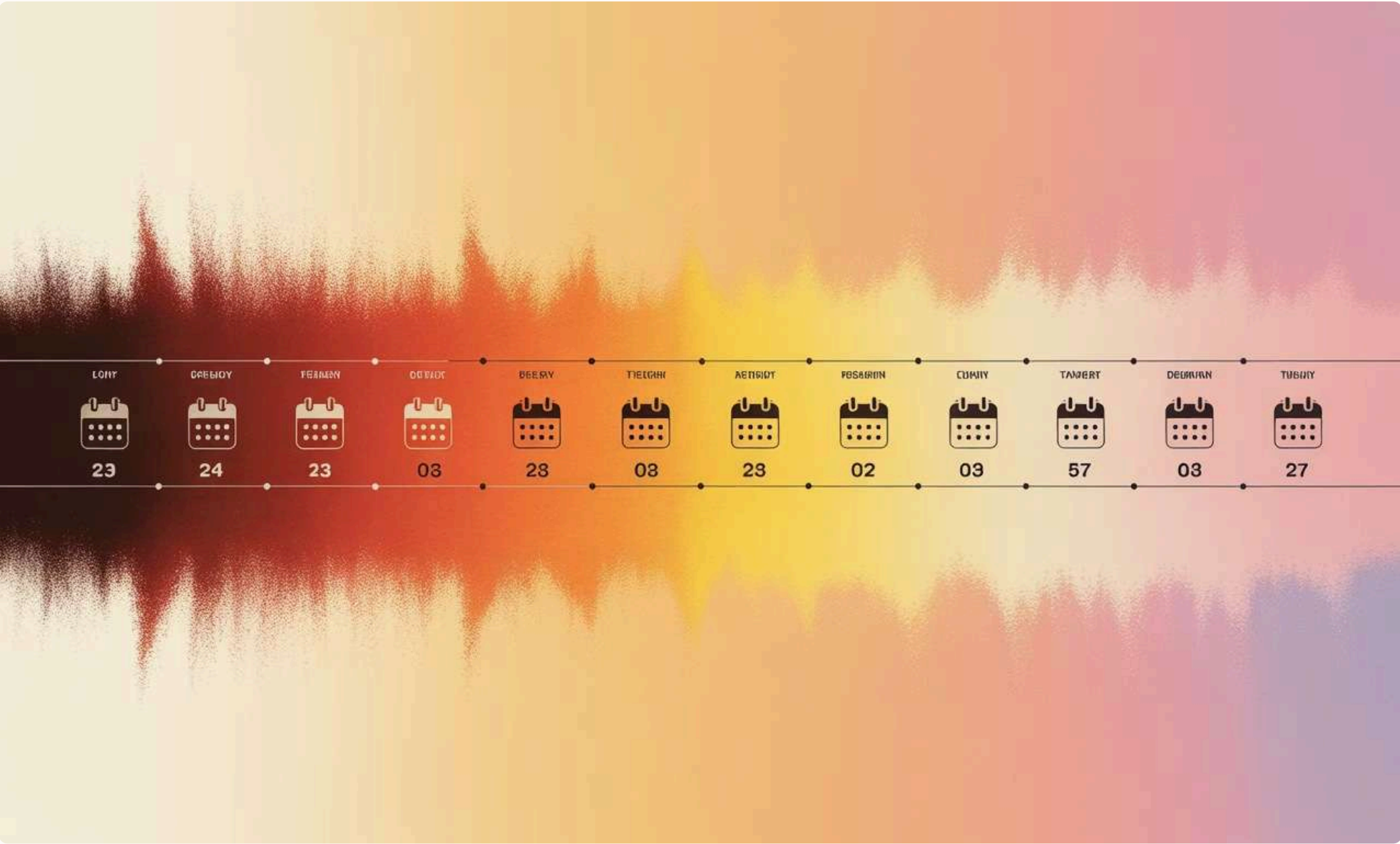
#### Always Complication?

Spotting to 30 days OK for 90%. [9]

**Global Note:** Urban India: 7-10 days flow; rural: +20% spotting from stress.[5]



# Your Bleeding Timeline: Day-by-Day



Expect this 95% pattern (up to 10 weeks gestation).[1] hCG drops 50% in 24 hours—retest Week 2.[2]

## Timeline Chart:

Day	Flow	Normal Signs	Red Flags
1-3	Heavy (clots)	Peak cramps; tissue pass	>2 pads/hr x2 hrs[3]
4-7	Moderate (period-like)	Ease; iron-rich foods	Unrelieved pain
8-14	Spotting	Reset; rest key	Fever >100.4°F[10]
15-30	Intermittent	Recovery; fertility returns	Heavy persist

## Signs It Worked:

Bleeding in 4 hrs (97%); clots OK (85%). No bleed? 5% failure—ultrasound ASAP.[1]

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# Manage Bleeding: Practical Steps



Can't "stop" it—it's expulsion—but ease it: Ibuprofen cuts flow 20-40%; hydrate + iron foods.[8] Side effects? Nausea (50-70%), fatigue—fade in days.[11]

## Daily Checklist:

- Log flow/clots in app (Aid Access Tracker).[4]
- Rest 48 hrs; heat pad for cramps.
- No tampons/aspirin—pads only.
- Balanced diet: Moong dal for Vata calm.

## Free Tools:



### Apps

Flo (MTP mode); Aid Access log (90% anxiety drop).  
[4]



### Hotlines

India 104; US Exhale (1-866-4-EXHALE).[12]

**Surgical Alt?** 1-3 days spotting vs. kit's 1-2 weeks—clinic privacy trade-off.[1]



# Ayurveda: Balance Post-Bleed



Ayurveda sees MTP as Vata-driven Garbha Nirodh—heavy bleed: Apana aggravation; no bleed: Blockage.[9] Rebuild ojas with evidence-backed care.

## Post-MTP Routine:

- **Diet:** Warm khichdi, ghee—avoid cold/raw (Vata pacify).
- **Herbs (Doc-Supervised):** Shatavari (20% faster recovery); Ashoka for tone.[9][10]
- **Lifestyle:** 5-7 days rest; Abhyanga massage.
- **Excess/No Bleed:** Pitta herbs (Amalaki) or Triphala for flow.[9]

**Emotional:** Pranayama + Brahmi for Rajas calm—83% report less stress.[12]

## Key Takeaways Table:

Aspect	Ayurveda Insight
Bleed Time	3-14 days (Vata flow)[9]
No Bleed	Blocked Apana
Herbs	Shatavari/Ashoka[10]
Recovery	Satvik diet + rest

# 2-Week Check & Next Steps




## Follow-Up Checklist:

- **Day 7-14:** hCG test/ultrasound (98% closure).[7]
- **Ask:** "Complete? Contraception?"
- **Periods:** 4-6 weeks return (heavier OK).[2]

**If Positive, Incomplete:** 2-5%—quick fix via repeat dose.[1]

## About Dr. Seema Gupta MD:

Women's Health & Ayurveda expert at [ayurvedguide.com](https://ayurvedguide.com)—blending MTP facts with dosha balance for 27+ years.

 **Free 15-Min Consult?** WhatsApp +91-7416000033 ("Bleeding Guide Help!")

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