

Emergency Contraception (Plan B One-Step)

Plan B is intended to prevent pregnancy after unprotected sex (if a contraceptive fails or if no contraception was used). It contains levonorgestrel, which is a synthetic hormone (progestin) commonly used in birth control pills. **Plan B One-Step** is for emergency use, and should not be used in place of regular contraception since it is not as effective as regular contraceptives. **Plan B One-Step** does **not** protect against HIV (the virus causing AIDS), or any other sexually transmitted disease. It is available over-the-counter for women age 18 years and older or by prescription at Family Planning Services.

How Effective is Plan B?

Plan B One-Step reduces the risk of pregnancy following a single act of unprotected sex from about 8% down to 1%. This represents an 89% reduction in risk of pregnancy for this single act of unprotected sex. **Plan B One-Step** is more effective the sooner treatment is started following unprotected sex. Plan B is about 85% effective in preventing pregnancy. The Pill is about 97% effective.

Who Should Not Take Plan B One Step?

Plan B One-Step should not be taken if you are already pregnant or if you have an allergy to any ingredient in **Plan B One- Step**. Do not use **Plan B One-Step** if you have unexplained vaginal bleeding.

What If I am Already Pregnant and Take Plan B One-Step?

Plan B One-Step is not appropriate if you are already pregnant; it will not work. However, if you take **Plan B One-Step** and are already pregnant, it is unlikely that this would affect the pregnancy. Several studies involving the long-term use of progestin hormone-containing contraceptives have not shown any harmful effects on the fetus.

Dosage

Take one tablet as directed on package labeling as soon as possible within five days of unprotected sex

What are the Risks and Side Effects of Taking Plan B One-Step?

Menstrual bleeding is sometimes heavier and sometimes lighter than usual after women take **Plan B One-Step**. After taking **Plan B One-Step**, most women (87%) get their next period within one week of when it is expected. If your period is more than one week late, you should check with your health care provider to see if you are pregnant.

Progestin contraceptive pills used for routine daily contraception can increase your risk for a tubal (ectopic) pregnancy. **Plan B One-Step** contains progestin. It is unknown if two doses of **Plan B One-Step** would increase the risk of tubal pregnancy. You should contact your health care provider if you develop severe abdominal pain, or persistent irregular bleeding since this can be a warning sign of a tubal pregnancy.

The most common side effects include nausea (23% of users), abdominal pain (18%), tiredness (17%), and headache (17%). Dizziness and breast tenderness occur in about 10% of the patients, and 5-6% of patients experience either vomiting or diarrhea. Taking too much **Plan B One-Step** may cause nausea or vomiting. You should contact your health care provider if you take too much **Plan B One-Step**.

What should I do for follow up?

- ◆ If you have been prescribed **birth control pills** continue to take one each day. You should have a period while taking the placebo pills. Come to the clinic for a pregnancy test if you do not have a period.
- ◆ If you have been prescribed **Depo Provera**, please call the clinic on the day your period starts to schedule your injection. If you do not have a period within 3 weeks of ECPs, come in for a pregnancy test.
- ◆ If you are using a barrier method (**condoms or diaphragm**) your period may start a few days earlier or later than usual. Come to the clinic for a pregnancy test if you do not have a period within 3 weeks of ECPs.

What can I do to prevent future pregnancies and STDs

As soon as possible, begin using a method of birth control you will be able to use every time you have sex. **Emergency Contraception Pills are meant for one-time, emergency protection.** Emergency Contraception Pills **are not** as effective as other forms of birth control. Use condoms to help protect against certain STDs.

For more information visit <http://www.go2planb.com/ForConsumers/Index.aspx>