

EMERGENCY CONTRACEPTION (Plan B™, Morning After Pill)

TO YOUR HEALTH - PATIENT EDUCATION HANDOUT

DESCRIPTION

Plan B™ is a progestin-only emergency contraceptive that may effectively reduce the risk of pregnancy when initiated within 72 hours of unprotected intercourse. This medication, containing levonorgestrel, has been shown to inhibit or delay ovulation, inhibit fertilization, or inhibit implantation of a fertilized egg.

You may consider using PlanB after you've had unprotected sex and you don't want to become pregnant or as a back-up contraception if your primary method may have failed. For example, the condom broke or slipped off, you've made a mistake with your method by missing 2 or more pills, your patch came off, your diaphragm came out, etc. The sooner emergency contraception is taken after intercourse, the more effective it is in preventing pregnancy.

Emergency contraception is available over-the-counter at the Student Health Center Pharmacy and most other licensed pharmaceutical retailers in the community. Any consumer, male or female, age 18 and over, may purchase this medication. A doctor's prescription is NOT necessary to obtain this medication unless you are under the age of 18.

Plan B™ does not protect from HIV and other sexually transmitted diseases, such as gonorrhea, chlamydia, etc. You may want to consider being evaluated by a medical provider following unprotected intercourse or condom failure.

BENEFITS

Plan B™

- does not contain estrogen
- has few medical contraindications
- reduces the risk of pregnancy by up to 89%
- will not interfere with an established pregnancy
- is available over-the-counter to those 18 and older and is available by prescription to those under 18 years of age

DIRECTIONS

1. Take Emergency Contraception as soon as possible, but no later than within 72 hours of the unprotected sex.
2. There are two tablets which can be taken two ways. You can take both tablets together as one dose, or take one tablet as soon as possible and the second tablet 12 hours later.

3. If you vomit within 1 hour of taking the medicine, consult a medical provider for further instructions.
4. As soon as possible, begin using an on-going birth control method. Emergency contraceptives are a backup method and are not recommended for routine use as they are not as effective as other forms of birth control.

PRECAUTIONS

Plan B™, like all potent drugs, has some side effects and risks associated with its use. You should not use PlanB with:

- pregnancy
- hypersensitivity to any component of product
- undiagnosed abnormal genital bleeding

SIDE EFFECTS

Possible side effects, which usually resolve within 24 hours of taking the medication, include:

- nausea and/or vomiting
- abdominal pain
- breast tenderness
- headache
- dizziness
- fatigue
- minor menstrual changes (amount, duration, or time)

NOTIFY OUR OFFICE IF...

- you have experienced forced/nonconsensual intercourse
- your normal menstrual period does not begin within 3 weeks
- you suspect pregnancy
- you would like to be tested for sexually transmitted diseases
- if you have other reasons for concern
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REFERENCES:

www.go2planb.com
<http://ec.princeton.edu>
www.who.int/reproductive
www.plannedparenthood.org

Student Health Center

WWW.SIU.EDU/~SHC

This information is for educational purposes only. Consult your doctor for specific medical advice, diagnosis and treatment.



618-453-3311

Dial-A-Nurse is available after-hours until 10:30 p.m. during fall and spring semesters. In case of emergency dial 911.