

Emergency Contraception - Plan B



- **How Do They Work?**
 - Emergency Contraception (EC) is made from a **progestin** that is one of the **hormones** in regular **birth control** pills. EC is a safe, effective way to prevent a **pregnancy**. The pills should be taken within **72 hours** after **unprotected sex**, but can be taken as late as 5 days. **The soon it is taken, the more effective it will be.** EC is not a 100% guarantee against pregnancy, but reduce the chance of **pregnancy** by 89%.

- **Is Plan B Safe?**
 - EC is **not** a form of **abortion** and it is **not** **RU-486**, the “abortion pill”. If a woman took EC without realizing that she was pregnant, it would **not** harm or interrupt the pregnancy.
 - The EC method distributed today is called **PLAN B**. It is a **progestin-only** pill.

- **What Are The Side Effects?**
 - Side effects are rare. A few women may feel **nausea**, light-headedness, or tender breasts. This should go away in a day or two. Also, **PLAN B** is safe for women with **cardiovascular disease**, **angina**, **acute focal migraines** or **liver disease**.

- **What About Sexually Transmitted Diseases/Infections and HIV/AIDS and Plan B?**
 - EC is not a substitute for an effective **birth control** method. Nor does Plan B **protect** you from sexually transmitted diseases or infections. When you have sex use condoms to protect yourself from **STD's**.

- **What Do I Need To Know About Taking Plan B?**
 - Your next period may come a little earlier or a little later than usual.
 - **PLAN B** is safe for breast feeding mothers.

□ ***When Do I Start?***

- Take both pills at once. (Taking both pills at the same time has proven to be more **effective**.)
- If you do not have a **period** within 3 weeks after taking **PLAN B**, please return to the clinic for a **pregnancy test**.
- For more **information** contact the Okanogan Family Planning. When in doubt, call us!