

Emergency Contraception Plan B

- Emergency Contraception (EC) is made from a **progestin** that is one of the **hormones** in regular **birth control** pills. EC is 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%.
- 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 you will be given today is called **PLAN B**. It is a **progestin**-only pill. 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**.
- Your next period may come a little earlier or a little later than usual.
- **PLAN B** is safe for breast feeding mothers.
 - 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**.
 - EC is not a substitute for an effective **birth control** method.
 - EC will not protect against a **sexually transmitted disease**.