

## Plan B One Step Emergency Contraception (pill)

### What is Emergency Contraception?

You can prevent pregnancy *after* intercourse by taking Emergency Contraceptive pills (also known as the Morning After Pill or EC). The most common is “Plan B.”

### How to Use

The sooner after sex you take it, the better. For example, if taken one hour after sex it is more effective than if taken twelve hours after sex. If you start it more than 5 days (120 hours) after sex, the chance of it working will be very low.

If you vomit within a half hour, it might not work and you should take another dose. You might want to take it with food and some anti-nausea medication.

### How Well Does It Work?

Emergency contraception is much less effective than methods of birth control you use before sex such as condoms or birth control pills. But if a woman has had sex without protection, emergency contraception significantly lowers her chances of getting pregnant.

### What to Expect

After using Emergency Contraception, your next menstrual period should begin within 2 to 4 weeks. If you don't have a full, normal period within 4 weeks you might be pregnant and should have a pregnancy test.

#### *Starting birth control after Plan B*

You can start using birth control the same day you take EC. If you are using the pill, patch or vaginal ring, their hormones can give you bleeding much like a normal period, even if you are pregnant. It's a good idea to get a pregnancy test 2 to 4 weeks after using Plan B.

### Warning

Plan B cannot prevent an ectopic pregnancy, which is when a fertilized egg attaches and grows outside the uterus. This can be very dangerous and requires immediate medical attention. Signs of ectopic pregnancy are: pain especially in the lower abdomen or shoulder, dizziness and nausea.

### Side Effects

Side effects are rare with Plan B but they can happen. They include nausea, vomiting, headaches, breast tenderness, dizziness, fluid retention, abdominal pain and irregular bleeding. If they don't go away after 1 to 2 days, you should seek medical care.

### Pregnancy and Breastfeeding

Studies have not been done on the effect of Plan B on pregnancy and breastfeeding. Birth control pills with the same chemical have been used for many years and have not caused problems. However, the amount of the hormone in Plan B is more than the amount in a birth control pill. No problems have shown up in women who have gotten pregnant or breastfed while taking Plan B. Plan B will not end an existing pregnancy.

### Availability

Plan B is available behind the counter at most pharmacies. Women and men 17 years old and older do not need a prescription, but you do need to buy it at the pharmacy counter and will be expected to show identification to prove your age. Men can purchase Plan B for their partners.

Women and men under 17 usually need a prescription. You can call your doctor or other local health care provider to see if they will call in a prescription for you to a pharmacy.



**TACOMA**  
 1401-A Martin Luther King Jr Way  
 Tacoma, WA 98405  
 253.473.6031

**RENTON**  
 263 Rainier Ave S. #200  
 Renton, WA 98057  
 425.255.0471

**YAKIMA**  
 106 East E Street  
 Yakima, WA 98901  
 509.575.6422

APPOINTMENTS: 800.572.4223  
 www.CedarRiverClinics.org  
 info@CedarRiverClinics.org

In Alaska, California, Hawaii, Maine, Massachusetts, New Hampshire, New Mexico, Vermont and Washington State if you are under 17, you can get Plan B from many pharmacies without a clinic visit. You can call ahead to make sure the pharmacist on duty is trained to dispense Plan B.

*Keep Pills On Hand!*

Go ahead - ask your doctor, pharmacist or clinic to give you the pills or the prescription ahead of time. Then you'll have Plan B before you need it.

**Pharmacy Denial?**

It may be illegal for a pharmacy to refuse to give you Plan B. If this happens to you, please report it immediately to Legal Voice at 206-682-9552 or to Cedar River Clinics at 206-399-8401 or info@cedarriverclinics.org.

**Advantages**

- ◆ Can be used *after* intercourse.
- ◆ Easily available if you are 17 or older.
- ◆ Can get ahead of time.
- ◆ Easy to use.

**Disadvantages**

- ◆ Less effective than other birth control methods
- ◆ Does not protect against sexually transmitted infections, including HIV/AIDS.
- ◆ Must be taken within 120 hours.
- ◆ Need prescription if you are under 17 years old.

**More Info**

- [www.NOT-2-LATE.com](http://www.NOT-2-LATE.com) ([ec.princeton.edu](http://ec.princeton.edu))
- *Our Bodies, Ourselves.* [www.ourbodiesourselves.org](http://www.ourbodiesourselves.org)
- [www.ec-help.org](http://www.ec-help.org)
- [www.Birth-Control-Comparison.info](http://www.Birth-Control-Comparison.info)
- [www.FWHC.org](http://www.FWHC.org)
- [www.CedarRiverClinics.org](http://www.CedarRiverClinics.org)
- [www.planbonestep.com](http://www.planbonestep.com) (manufacturer)

**Prescription Birth Control Pills work for Emergency Contraception.**

If you can't get Plan B, use prescription birth control pills instead. They are less effective and cause more nausea and vomiting. It is important to take the exact number of pills recommended. Take the first dose as soon as you get the pills. Take the second dose 12 hours later. If possible, take with food. See dosages below:

Type of Pill	Take 1st Dose within 120 hours of intercourse	Take 2nd Dose 12 hours after 1st dose
Plan B	1 pill	1 pill
Alesse	5 pink pills	5 pink pills
Aviane	5 orange pills	5 orange pills
Cryselle	4 white pills	4 white pills
Enpresse	4 orange pills	4 orange pills
Jollesa	4 pink pills	4 pink pills
Lessina	5 pink pills	5 pink pills
Levlen	4 light-orange pills	4 light-orange pills
Levlite	5 pink pills	5 pink pills
Levora	4 white pills	4 white pills
Lo-Ovral	4 white pills	4 white pills
Low-Ogestrel	4 white pills	4 white pills
Lutera	5 white pills	5 white pills
Lybrel	6 yellow pills	6 yellow pills
Nordette	4 light-orange pills	4 light-orange pills
Ogestrel	2 white pills	2 white pills
Ovral	2 white pills	2 white pills
Portia	4 pink pills	4 pink pills
Quasense	4 white pills	4 white pills
Seasonale	4 pink pills	4 pink pills
Seasonique	4 light-blue-green pills	4 light-blue-green pills
Tri-Levlen	4 yellow pills	4 yellow pills
Triphasil	4 yellow pills	4 yellow pills
Trivora	4 pink pills	4 pink pills

Just like Plan B, they have not been fully tested for their effect on pregnancy and breastfeeding, but they are believed to be safe. Just like Plan B, they do not always work and you could get pregnant.