Plan B or generic Plan B

What is the Plan B?
Plan B is a new form of emergency contraception. Emergency contraception is a way to prevent pregnancy after unprotected sex (such as sex without contraception, or when a contraceptive fails). Because emergency contraception prevents pregnancy before it begins, it is not the same as abortion.

Why is Plan B better?
Unlike older emergency contraceptive pills that contain both estrogen and progestin, Plan B contains only progestin. As a result, Plan B causes fewer side effects. Plan B is at least as effective as other emergency contraceptive pills. Some women will experience side effects such as nausea, abdominal pain, headache, dizziness, breast tenderness and menstrual changes (heavier or lighter bleeding).

When would I use Plan B?
Plan B (levonorgestrel) may be a good choice if you had unprotected sex one or more times within the last 72 hours (3 days), and you don’t want to become pregnant. You should not use Plan B if you are already pregnant, have unexplained vaginal bleeding, or are allergic to an ingredient in the pills. Plan B is not as effective as other contraceptive methods, and therefore is not recommended for regular use. It should be used only in emergencies, such as when:
- your contraceptive method failed: the condom broke you missed 2 or more birth control pills, or were 2 or more days late starting your pill pack your diaphragm or cervical cap slipped you missed your regular contraceptive shot
- you had sex without using a contraceptive
- you were forced to have sex

How does Plan B work?
Plan B may prevent pregnancy by temporarily stopping the release of an egg from a woman’s ovary, or it may prevent fertilization. It may also prevent a fertilized egg from attaching to the uterus. Plan B will not work if you are already pregnant.

Is Plan B safe?
Yes. The United States Food and Drug Administration (FDA) has approved Plan B (levonorgestrel) as a safe way to reduce the chance of pregnancy after unprotected sex. After reviewing studies of women from 15 countries, the FDA found that Plan B is safe.

Is Plan B effective?
Yes. Plan B reduces the average risk of pregnancy among users from about 8 percent to about 1 percent. After a single act of unprotected sex, correct use of plan B reduces the risk of pregnancy by 89%.

If Plan B doesn’t work and I become pregnant, could it hurt the fetus?
No. There is no medical evidence that Plan B would harm a developing fetus. Plan B will not work once a pregnancy has started, so women who already are pregnant should not use it.

How often can I take Plan B?
You can take Plan B (levonorgestrel tablets) as many times as you need it, but you should be aware that: Plan B is not a substitute for regular contraception. It will not work as well as regular contraceptives, such as the birth control pill. If you need help choosing a more effective contraceptive, contact your health care provider soon. Plan B does not protect you from HIV/AIDS or other sexually transmitted diseases. Only condoms provide protection against these diseases. If you are worried that you may have been infected with a sexually transmitted disease, talk to your health care provider right away.

How can I get Plan B?
You can get Plan B at most pharmacies, no prescription necessary. You will need to speak with the pharmacist and show government-issued ID (i.e., driver’s license or travel visa), as you must be 17-years old or older to purchase Plan B.

For more information about Plan B contact:
Women’s Capital Corporation – info@go2planb.com
phone: 1-800-330-1271 • fax: 1-877-407-3801

For general information on emergency contraception, contact:
Emergency Contraception Hotline:
phone: 1-888-NOT-2-LATE • www.not-2-late.com

Planned Parenthood
phone: 1-800-230-PLAN
www.plannedparenthood.com • www.teenwire.com

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