



1040 N.W. 22nd Avenue ~ Suite 330 ~ Portland, OR 97210

Phone 503 274-9936 ~ Fax 503 274-2660

[www.CascadeWomensHealth.org](http://www.CascadeWomensHealth.org)

## **Instructions for Using Plan B**

### **("The Morning After Pill")**

#### **Emergency Contraception**

Plan B is emergency contraception. Regular use of birth control is more effective in preventing pregnancy than Plan B. However, Plan B can greatly reduce the chance of your becoming pregnant if it is used in the first 72 hours after unprotected intercourse. Think of using Plan B when the condom breaks or falls off, when you miss more than two birth control pills in a row and then forget to use a condom, or when you are late getting your DepoProvera shot. Plan B can also be used if you are forced into having sex or if you have been the victim of a date rape.

#### **How Plan B Works**

Plan B interferes with ovulation and fertilization. It does not harm an existing pregnancy. It is not an abortion. There is evidence that Plan B can still be effective up to 5 days after intercourse, but it is recommended for use in the first 72 hours.

#### **Taking Plan B**

Plan B comes in a package of two pills, both containing Levonorgestrel, a progesterone. The first pill is meant to be taken by mouth as soon as possible after intercourse. The second tablet should be taken 12 hours after the first dose.

After using Plan B you may experience vaginal bleeding sooner than you expect period. Other side effects are rare and may include nausea or headache. It's important to remember that Plan B will not protect you from getting a sexually transmitted infection.

If you are 18 years old or older, you can get Plan B directly from your pharmacist in Oregon or Washington. For those under 18 years of age a prescription is needed. Care Oregon will pay for Plan B if it is prescribed.