



PLAN B – “The Morning After Pill”

Things do not always go as planned. You might have forgotten to take your pill, or another birth control method you used might have failed (like a broken condom). Now you have a second chance to prevent pregnancy with Plan B®. If you are 18 or older, you may purchase this from the pharmacist without a prescription.

Plan B® is an emergency contraceptive that can still prevent a pregnancy after contraceptive failure, unprotected sex, or sexual assault.

Plan B® should be taken within 3 days (72 hours) of unprotected sex and can reduce the risk of pregnancy by up to 89%. But the sooner you take it the more effective it will be.

Plan B® is not RU-486 (the abortion pill); it will not work if you are already pregnant.

Plan B® is not a substitute for routine birth control. It's important to remember that Plan B® does not protect you from HIV infection (the virus that causes AIDS) or any other sexually transmitted disease (STD).

Important Safety Information

Plan B® does not protect against HIV infection and other sexually transmitted infections (STIs). You should not take Plan B® if you are already pregnant (because it will not work).

Side effects with Plan B® include nausea, abdominal pain, fatigue, headache, menstrual changes, dizziness, breast tenderness, vomiting, and diarrhea. Menstrual bleeding may be heavier or lighter, earlier or later after taking Plan B®.

If your period is more than a week late, pregnancy should be considered. Do not take Plan B® if you are allergic to levonorgestrel or any of the ingredients in Plan B®. Plan B® should not be used as routine birth control.