

# Emergency Contraception (Plan B® One-Step™) Information



## What is “Plan B® One-Step”?

Emergency contraception (EC) or Plan B® One-Step is a higher dose of regular birth control pills. You can use it after unprotected sex.

- Plan B® One-Step is *very effective in preventing a pregnancy* after unprotected sex *but* it is *not* 100% effective.
- Plan B® One-Step is a back-up method: it *is not* a good substitute for a regular birth control method.
- **Plan B® One-Step™ is the name brand commonly used for EC.** There is one (1) pill in a dose of Plan B® One-Step.

## How does Plan B® One-Step work?

Plan B® One-Step prevents ovulation (the release of eggs from ovaries).

- Plan B® One-Step *may* prevent fertilization: it *may* thicken cervical mucus and make it difficult for sperm to pass through.
- There is *no* clinical evidence that Plan B® One-Step interferes with a fertilized egg.

**Plan B® One-Step will *not* interrupt or harm an existing pregnancy. It will *not* interfere with a fertilized egg that has successfully implanted into the lining of the uterus. Plan B® One-Step will *not* cause abortion.**

## When do you take Plan B® One-Step?

Take the Plan B® One-Step pill *as soon as possible* after unprotected sex. For example: after a condom breaks, after missed pills, or if you did not use birth control during sex.



## “As soon as possible”—why is this important?

Plan B® One-Step works best to prevent a pregnancy when you take it *right after* unprotected sex.

- As each day goes by, Plan B® One-Step is less effective in preventing pregnancy. This is why time is important.
- You *can* take Plan B® One-Step as late as 5 days *after* unprotected sex.
- Plan B® One-Step is **not** recommended *after* 5 days.

## Are there any side effects with Plan B® One-Step?

A few women who take Plan B® One-Step *sometimes* have side effects. After taking the Plan B® One-Step pill, some women say they:

- Feel a little sick to their stomach, or
- Feel like throwing up or vomiting, or
- Their breasts feel sore.

## Does Plan B® One-Step protect against STDs?

Plan B® One-Step will *not* protect against HIV/AIDS or sexually transmitted diseases (STD).

- Using a condom is the only way to help protect yourself from STD if you have sex.

## When should you get Plan B® One-Step?

Sexually active women need to have Plan B® One-Step on hand -- *before* it is actually needed.

- **Accidents happen. Get a supply of Plan B® One-Step *before* you need it.**
- It is easier to take Plan B® One-Step early if you already have it on hand.