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| **Highlights**   * Birth control you take up to 5 days **after** unprotected sex to prevent pregnancy      * Works best the sooner you take it after unprotected sex. * Safe and effective   **Remember**   * Does not prevent HIV or other sexually transmitted infections (STIs). Protect yourself and others by also using condoms. * You can start a more effective birth control method at the same time you use EC. | **Fact Sheet:**  **Emergency Contraception**  **(“EC,” “morning after pill,” or Plan B®)** | MRN:  Name:  D.O.B.: |
| **How Does Emergency Contraception (EC) Work?** | |
| Emergency Contraception (EC, or Plan B®) is a pill you can use up to 5 days**after** you have unprotected vaginal sex to prevent pregnancy. Unprotected sex means having sex without using birth control or condoms, or if the condom breaks.  EC contains a hormone that delays your body from releasing an egg. You can’t get pregnant if an egg is not present.  It works because a pregnancy doesn’t start right after unprotected sex. There is still some time to prevent pregnancy—especially if you take it right away. Plan B® works best the sooner you take it after having unprotected sex.  Since it prevents pregnancy, EC will **not** work if you are already pregnant. | |
| **How do you use EC?** | |
| **If you have unprotected sex, take EC as soon as possible.** You can take it up to 5 days (120 hours) after unprotected sex. Don't wait! The sooner you take EC, the better it works. Plan B® is most effective in the first 3 days after unprotected sex.  Take one EC after you have unprotected sex. Taking more pills won’t make it work better.  **If you don’t get your period within 4 weeks of taking EC, come back to the clinic to get a pregnancy test.** Write down what the date is 4 weeks from today to help you remember:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |
| **What are the benefits of using EC?** | |
| **EC is not 100% effective, but it can lower your chances of getting pregnant.**  EC is safe and effective.  You can start a method of birth control at the same time you use EC. Using a regular birth control method is more effective than emergency contraception at preventing pregnancy. | |
| **What are the possible disadvantages of using EC?** | |
| Some women feel nausea or vomit after taking EC. These effects are not harmful and will go away within a day or two. **If you vomit within an hour of taking EC, take EC again.**  After using EC, your period may come sooner or later than usual. It may also be heavier or lighter than usual, or you may experience spotting (bleeding between periods). These changes in bleeding are not harmful. | |
| **Patient Acknowledgment:** I have read this fact sheet and understand the information given to me about emergency contraception (EC). I understand that I will need a pregnancy test today before receiving EC. I understand it is my responsibility to follow the instructions on this fact sheet. No guarantee has been made to me as to the results of using EC. I understand that neither the provider nor the school clinic are in any way responsible should I become pregnant. If I do not get my period within 1 month of starting EC, I will come back for a pregnancy test. I have been given the chance to ask questions about birth control and EC in particular. My questions have been answered to my satisfaction.  Patient Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_/ \_\_\_\_\_/ \_\_\_\_\_ *Updated 3/2017* | | |