

## Emergency Contraception: Instructions for Use

- Swallow the first dose of EC pills as soon as possible – within 120 hours – after unprotected sexual intercourse. EC works better the sooner you use it.
- If you have been told to take a second dose, swallow the second dose of EC pills **12 hours after taking the first dose**.
- For some types of EC, nausea and vomiting are possible, but not likely. If you vomit **after** 2 hours of taking your dose, do not worry. The medication is already in your system.
- If you vomit **before** 2 hours of taking your dose, the EC may not be effective. Call your pharmacist – you may need to take a repeat dose.
- If you are prescribed or advised to use a medication for possible nausea, take that medication **1 hour before** you take the first dose of EC.
- Some women may feel tired or dizzy, or may have headaches or tender breasts. These side effects should go away within a day or two. Non-prescription pain relievers (such as ibuprofen or acetaminophen) can be used for headache or breast tenderness. You may also have some menstrual spotting (small amounts of bleeding – less than a period) after taking EC. This should go away in a day or two.
- EC is not 100% effective. If you do not get your period within 3 weeks after taking EC, you may be pregnant and need to see your health care provider or use a home pregnancy test.
- EC will not protect you from pregnancy during the remainder of your menstrual cycle. You will need to use an effective form of birth control if you have sexual intercourse again.
- Remember, EC is not as effective as other forms of birth control, and does not protect against sexually transmitted infections (STIs) or HIV. See your health care provider for a regular method of birth control and STI testing and prevention. If you do not have a regular provider, ask the pharmacist for assistance in finding one.

You have been given:  Plan B™ for emergency contraception.

Oral Contraceptive Pills: (\_\_\_\_\_)

Take:  2 pills ASAP

1 pill ASAP & 1 pill in 12 hours

Take \_\_\_ pill(s) ASAP and take \_\_\_ pill(s) in 12 hours

You have been given/advised to take: \_\_\_\_\_ to prevent nausea.  
Take this medication 30-60 minutes before your first EC dose (as advised).