

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 within 2 hours of taking your dose, the EC may not be as 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 emergency contraception (EC) pills.
- 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 pills, you may be pregnant and need to see your health care provider or use a home pregnancy test.
- EC pills 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.
 Preven
 Oral Contraceptive Pills (_____)

Take 2 pills ASAP
 1 pill ASAP and 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 1 hour before the first EC dose.