



EMERGENCY CONTRACEPTION

EMERGENCY CONTRACEPTIVE PILLS (ECPs)

Women's Health Clinic at Student Health Services in Laurel Hall.

When: Monday through Friday 8am to 12noon and 1pm to 4pm.
831-8035

You will speak to the nurse who will answer any questions and determine your eligibility. At this time an appointment may be given or a prescription written. Prescriptions can be filled at the Student Health Dispensary or called to an outside pharmacy. It is your choice.

Saturday and Sunday 11am to 3pm (ONLY)
831-2226

You will speak to the NP (Nurse Practitioner) on call. She will answer any questions and determine your eligibility. On the weekends the prescription must be called to a private pharmacy. The Dispensary is not opened on Saturday and Sunday.

Cost: Student Health Dispensary \$10.00
Private pharmacies approximately \$30.00

Student Health Dispensary Location/Hours:

Room 133 Laurel Hall Student Health Services
Monday through Friday 8:30am to 12noon and 1pm to 4pm
Phone# 831-4251

Emergency Contraception Information

Women's Health uses the progestin only pill called **Plan B**.

Plan B can reduce the risk of pregnancy by about 85% and has a low incidence of side effects. The treatment schedule is to begin within 120 hours of unprotected intercourse, and **preferably within 72 hours**.

ECPs are more effective the sooner the treatment is started after unprotected intercourse.

Contraindications: Do Not take if you have:

- Known or suspected pregnancy
- Hypersensitivity to any component of Plan B
- Undiagnosed abnormal genital/vaginal bleeding

How do ECPs work? The exact mechanism of action is not known and they may work in many different ways. ECPs help to:

- Stop the egg from leaving the ovary
- Stop sperm from getting to the egg
- Change the uterine environment

ECPs will NOT stop a pregnancy that has already started and it is NOT the abortion pill.

How do I take Plan B?

- **Plan B can be taken 2 different ways. It is preferable to take it within 72 hours of unprotected intercourse but it can be taken up to 120 hours.**

1) Take 2 pills at the same time

Or

2) Take one pill followed by the second pill 12 (twelve) hours later

Will I have any side effects? Some women may experience:

- nausea
- fatigue
- headache
- dizziness
- breast tenderness.

If you have any symptoms of concern, please call:

- **Women's Health 831-8035 Monday – Friday 8am-12 and 1pm to 4pm**
- **Student Health 831-2226 Any Time After Women's Health Office Hours**

What should I expect with my next period?

- May come on time or may be a few days early or late
- **If no period within 3 weeks of taking Pan B**
Schedule a pregnancy test at Women's Health (831-8035)
- **If menstrual period is "light" or does not seem "normal" or you have pregnancy concerns**
Schedule a pregnancy test at Women's Health (831-8035)
- Plan B will NOT prevent a pregnancy from **unprotected intercourse that occurs after you have completed taking it.**
- Plan B does **not provide protection against sexually transmitted infections (STIs).**
- Although EC can be used repeatedly, it is not as reliable at preventing pregnancy as continuous birth control methods. (Oral contraceptive pills, etc.)
- If you desire information on birth control methods call Women's Health .

Please call the Women's Health Clinic if you have concerns, questions or need more information.
831-8035.

Resources:

Emergency Contraception Website: <http://not-2-late.com>

Emergency Contraception Hotline: 1-888-not-2-late