



## REQUEST FOR EMERGENCY CONTRACEPTION PILLS Plan B Or Combined Oral Contraceptives Including Preven

### What are emergency contraception pills?

Emergency contraception pills are a birth control option that can be used after unprotected sex to help prevent pregnancy. Emergency contraception can be used after forced sex or if you forgot to use your birth control method or if a method fails (for example, if a condom breaks).

### Is emergency contraception the same as the "morning after pill"?

The "morning after pill," which is actually several tablets of birth control pills, is one type of emergency contraception. However, the name "morning after pill" is misleading, since it can be used up to 72 hours (3 days) after sex, not just the next morning.

### How do emergency contraception pills work?

Most pills contain the hormones estrogen and progestin, substances that act like natural hormones in the body. These substances work together to:

- stop the ovary from releasing an egg each month
- make it hard for sperm to enter the cervix
- make it harder for the egg to implant in the uterus.

Emergency contraception does not work as well to prevent pregnancy as using regular birth control. Therefore, you should not use emergency contraception as an ongoing method of birth control.

Emergency contraception pills may not work as well to prevent pregnancy if you are also taking certain kinds of medication. Always let your healthcare provider know about any medications you are taking.

If you are a teen and you decide to take emergency contraception pills, we suggest that you talk to your family about it.

### How do I use emergency contraception pills?

Call your healthcare provider to talk about emergency contraception as soon as possible after you have unprotected sex. The sooner you call your healthcare provider, the better your chances will be of preventing a pregnancy. Your healthcare provider will tell you how many emergency contraception pills to take based on the type of pills you are given.

### Are there different types of emergency contraception?

There are two methods of emergency contraception: PLAN B (High-dose progesterone-only contraceptive pills) and PREVEN and other Combined Emergency Contraceptive Pills (high-dose estrogen and progesterone contraceptive pills).

\_\_\_\_\_ You have been given PLAN B and the following information is important to you:

When women use PLAN B emergency birth control pills after sex, they reduce their chance of becoming pregnant by an average of 89%.

Women of any reproductive age can use PLAN B, except women who:

- are pregnant;
- have a hypersensitivity to any component of product;
- have undiagnosed vaginal bleeding.

You may experience some spotting as a side effect of PLAN B.

\_\_\_\_\_ You have been given PREVEN or other Combined Emergency Contraceptive pills and the following information is important to you:

When women use Preven or other Combined Emergency Contraceptive pills after sex, they reduce their chance of becoming pregnant by an average of 74%.

Women of any reproductive age can use the pill, except women who:

- are pregnant;
- have a hypersensitivity to any component of product;
- have acute migraine headaches at the time emergency contraception pills are to be taken;
- have history of deep vein thrombosis/pulmonary embolism.

The side effects of Preven or other combined emergency contraception pills include nausea, vomiting, spotting, headache, and breast tenderness. Your healthcare provider may give you some medicine to take to reduce nausea and vomiting. Some "over-the-counter" medications are also available in the drug store to help decrease the nausea and vomiting. Usually the medicine is taken about 1 hour before you take the emergency contraception pills.

If you vomit within 1 hour of taking the emergency contraception pills, you may need to take another dose. Call your healthcare provider if you have any questions.

How safe are emergency contraception pills?

Emergency contraception pills are very safe. In 1997, the Food and Drug Administration determined that the treatment is safe and effective.

Do emergency contraception pills protect against AIDs and STDs?

Emergency contraception pills do not protect against HIV, the virus that causes AIDS, or against sexually transmitted diseases (STDs). Women at risk of HIV/AIDS or STDs should use a female condom or a male latex condom in addition to emergency contraception to prevent disease. If you or your partner is allergic to latex, use polyurethane condoms. Your healthcare provider can help you decide if you are at risk of HIV/AIDS or STDs. If you think you may have an STD, ask your healthcare provider for a test.

If you have any questions about emergency birth control pills, ask your healthcare provider.

**I have read and understand the information above.**

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**The client has been counseled, provided with the appropriate informational material, and understands the content of both.**

Counselor/Provider signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print counselor/provider name: \_\_\_\_\_

Name of patient: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Chart #: \_\_\_\_\_

Interpreter: \_\_\_\_\_