

## What is Plan-B?

Sometimes referred to as the "morning-after pill".

It is an emergency contraception pill that **it's used shortly after having sex when a primary birth control method failed or wasn't used.** *For example, a condom broke during sex or a birth control patch fell off without you realizing it.*

## How does Plan-B work?

Plan B helps prevent pregnancy by stopping ovulation, this means the release of an egg from the ovary, so there's no egg to meet the sperm. No egg, no fertilization, no pregnancy.

## How effective is Plan-B?

It depends on how quickly it is taken. When Plan B emergency contraception is taken as directed, within 72 hours (3 days) after unprotected sex or birth control failure, it can significantly decrease the chance that a person with a uterus will get pregnant. In fact, the earlier the product is taken after unprotected intercourse, the better it works.

## How do I know if Plan-B worked?

It is recommended to take a pregnancy test to confirm there is no pregnancy if a period has not occurred within 2-4 weeks.



## What could a person feel after taking Plan B?

- 1. Heavier period the next time** is the most common side effect. However, if you are soaking through a full tampon or sanitary pad every hour for more than 2 to 3 hours or you're passing large clots, you should be checked out by a provider.
- 2. Nausea.** Taking Plan B with food can help prevent this. If you throw up within 2 hours of taking Plan B, you should take another dose.
- 3. Lower stomach pain.** This is generally mild and passes quickly. Until it lets up, stay hydrated and avoid foods irritating your stomach.
- 4. Tiredness.** Be kind to your body and take it easy if you feel fatigued. It's temporary and should go away.
- 5. Headache.** You can take a pain reliever like acetaminophen (Tylenol) or ibuprofen (Advil, Motrin). Neither interacts with Plan B.
- 6. Dizziness.** Less frequent. If it happens, try to sit or lie down, and take care to change positions slowly to help prevent falling.
- 7. Breast tenderness.** It can happen as it happens with birth control.
- 8. Late period next time.** It might be concerning, but it happens because ovulation is postponed, and that delays the period.