

## VT Form C: Key Facts and Instructions for Use

*Note: A copy of this form must be given to the client. This fact sheet may not be altered.*

### **Emergency Contraception (EC) is a safe and effective way to prevent pregnancy after sex.**

Consider using Emergency Contraception if you didn't use a contraceptive during sex, you think your contraceptive didn't work, or you were sexually assaulted or forced to have intercourse. EC in theory works by stopping the release of an egg from the ovary (ovulation), or it may prevent the union of a sperm and an egg (fertilization), or it may prevent a fertilized egg from attaching to the womb (implantation). EC will not disrupt an established pregnancy.

### **What are Emergency Contraception pills?**

Emergency Contraception pills (ECP's) contain the same medication as regular birth control pills and help to prevent pregnancy. There are two basic types of Emergency Contraception pills:

- Plan B™ progestin-only pills.
- High doses of regular oral contraceptive pills (containing estrogen and progestin).

### **Don't wait! Take ECP's as soon as possible.**

- While it is best to take ECP's within 3 days of unprotected sex, ECP's can be effective for up to 5 days after unprotected sex.
- You should use a birth control method for the remainder of your menstrual cycle and for preventing pregnancy in the future.
- For more information, talk to your pharmacist or health care provider.

### **ECP's are safe and effective.**

- Progestin-only pills reduce the risk of pregnancy by 89 percent.\*
- Combined estrogen/progestin pills reduce the risk of pregnancy by 75 percent.\*
- For regular, long-term birth control, other contraceptive methods are more effective than EC.
- Emergency Contraception pills do not protect against sexually transmitted infections, including HIV/AIDS.

\* EC has been associated with a slight risk of ectopic pregnancy in women who use birth control pills regularly. Call your doctor if you experience severe lower abdominal pain after taking EC.

### **ECP's won't cause an abortion.**

- Emergency Contraception pills are **not** the same as RU-486 (the abortion pill).
- Emergency Contraception pills are not effective after pregnancy has occurred and cannot interrupt it.

### **ECP's won't harm a developing fetus.**

- If Emergency Contraception pills are taken mistakenly during pregnancy, they will not harm the developing fetus.
- Using Emergency Contraception pills will not affect a woman's ability to become pregnant in the future.

### **Women can keep pills at home in case of an emergency.**

- Many women find it convenient to have Emergency Contraception pills on hand in case of an emergency.
- Medical providers or a participating pharmacist can provide Emergency Contraception pills before they are needed.

### **Medical follow-up after taking Emergency Contraception pills.**

- If you don't experience a normal period within four weeks, you may be pregnant and should see your health care provider or take a pregnancy test.
- It is important to visit your doctor or health care provider if you need a regular birth control method or information about preventing sexually transmitted infections, such as Chlamydia or HIV/AIDS.

### **Referral Sources**

- Call 1-800-489-7273 for help if you have been raped or sexually assaulted.
- Call 1-800-228-7395 for help with domestic violence.
- For medical follow up call your health care provider or community clinic. To find the nearest Planned Parenthood Health Center, call.....1-800-230-PLAN (7526)
- Call 1-800-649-5285 to report suspected child abuse.

## Form C: Emergency Contraception – Instructions for Use

- Swallow the EC pills as soon as possible after receiving the medication from a pharmacist or health care practitioner. EC works better the sooner you use it.
- Some women may feel tired, dizzy, 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.

You have been given:  <input type="checkbox"/> <b>Plan B™</b>	You have been given:  <input type="checkbox"/> <b>Oral Contraceptive Pills</b>
Take:  <input type="checkbox"/> 1 pill now and 1 pill in 12 hours  <input type="checkbox"/> 2 pills as soon as possible	Take:  <input type="checkbox"/> 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).	

- With some types of EC, nausea and vomiting are possible, but not likely. If you vomit after 30 minutes of taking your dose, do not worry. The medication is already in your system. If you vomit before this time period, 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 as described in the following directions:

Non-prescription Drugs:	Timing of Administration
> Meclizine Hydrochloride (Dramamine II, Bonine)	One or two 25 mg tablets 1 hour before first EC dose; repeat if needed in 24 hours
> Diphenhydramine Hydrochloride (Benadryl)	One or two 25 mg tablets or capsules 1 hour before first EC dose; repeat as needed every 4-6 hours
> Dimenhydrinate (Dramamine)	One or two 50 mg tablets or 4—8 teaspoons liquid 30 minutes to one hour before first ECP dose; repeat as needed every 4-6 hours