



Plan B One-Step for Emergency Contraception INFORMATION FOR PATIENTS

Plan B One-Step is an *emergency* contraceptive – a *back up* method to birth control – which can reduce a woman’s chance of becoming pregnant after unprotected sexual intercourse or suspected or known failure of contraceptives. It is not for routine use.

Plan B One-Step is available without a prescription for those 17 years and older. It is stocked *behind the counter* in pharmacies and sold under the supervision of pharmacy staff. For women younger than 17 years, Plan B One-Step is only available by prescription.

Plan B One-Step consists of 1 tablet of levonorgestrel 1.5 mg, a progestin (hormone) used in many birth control pills. It works mainly by stopping ovulation (release of an egg from the ovaries). It may also prevent fertilization (union of egg and sperm) or implantation (attachment of the egg to the uterus).



Plan B One-Step should be taken orally *as soon as possible* and within 72 hours (3 days) after unprotected sexual intercourse. When used as directed, it reduces the chance of pregnancy by about 87%. Treatment with Plan B is more effective the sooner it is started, such as within the first 24 hours of sexual intercourse.

Plan B One-Step can be used at any time during a woman’s menstrual cycle. It is *not* an abortive agent and will not interfere with an existing pregnancy if a woman is already pregnant. Plan B One-Step has similar side effects as regular birth control pills, including heavier menstrual bleeding, nausea, lower abdominal pain, fatigue, and headache. Detailed information is provided in the package.

*Our pharmacists are here to help you get the most benefit from your medicines.
Please speak with a pharmacist if you have any questions about this medicine.*