

# Planned Parenthood Regina

# Plan B

*Plan B, sometimes referred to as the morning after pill, is an emergency contraception method in the form of two pills containing the hormone progestin taken 12 hours apart. It may prevent pregnancy by temporarily halting the release of an egg from a woman's ovary, or it may prevent fertilization of the egg. It may also inhibit a fertilized egg from attaching to the uterus.*

## Effectiveness

Plan B is 89% effective at preventing pregnancy when used correctly. For maximum effectiveness, Plan B should be taken within 24 hours of unprotected sex.

## Getting It

- Planned Parenthood Regina
- Family doctors
- Walk-in clinics
- Pharmacies

## Using It

Plan B may be a good choice if you've had unprotected sex once or more times within the last 72 hours (three days) and don't want to get pregnant. It should be used only in emergency situations such as unprotected sex, forced sex, failed contraceptive method, two or more birth control pills missed, a missed contraceptive shot or a late start of the pill, ring or patch.

Plan B prevents pregnancy before it begins, but has no effect on an established pregnancy. You should not use Plan B if you are already pregnant, have unexplained vaginal bleeding or are allergic to one of its ingredients.

## Side Effects

Some women may experience nausea, headache, fatigue, lower abdominal pain or dizziness. Rarely experienced side effects include vomiting, diarrhea and breast tenderness.

## Common Questions

### If Plan B doesn't work and I become pregnant, could it hurt the fetus?

There is no medical evidence that Plan B harms a developing fetus.

### How often can I take Plan B?

You can take it as many times as needed, but Plan B is not as effective as other contraceptive methods, and is therefore not recommended for regular use. If you need help choosing a more effective contraceptive, contact your physician or other healthcare provider.

### Does Plan B protect me from STIs?

Plan B does not protect from HIV/AIDS or other STIs. Only condoms provide protection against these infections. If you are worried about STIs, talk to a healthcare provider.

This is an informational handout only, if you have any questions or concerns contact PPR or your family doctor

## Planned Parenthood Regina

### THE SEXUAL HEALTH EDUCATION PLACE

1431 Victoria Avenue, Regina, SK T: 306 522 0902  
www.plannedparenthoodregina.com

#### HOURS

Monday, Tuesday	9–12	1–5
Wednesday, Thursday	9–12	1–7:30
Friday	9–12	1–5
Saturday	1–5	