Resources

LOCAL:
Beu Health Center
309-298-1888

McDonough District Hospital
309-837-4500

McDonough Co. Health Dept.
309-837-9951

ONLINE:
www.plannedparenthood.com
www.getthepill.com
www.virtualmedicalgroup.com
www.themorningafterpill.net
www.not-2-late.com

E-mail: MM-Harris@wiu.edu
Phone: 309-298-1888

Beu Health Center
Office of Health Education

11/03
Revised 4/08
Emergency contraception

**prevents** pregnancy **after** unprotected sexual intercourse.

Can be used:

- When your contraceptive method fails
- After a sexual assault
- After unprotected sexual intercourse

**How does it work?**

Depending on the time during the menstrual cycle that the pills are taken they can:

- Stop or delay ovulation
- Prevent tubal transport of egg or sperm
- Interfere with fertilization
- Alter the lining of the uterus so that an egg won’t be implanted

**Emergency Contraceptive Pills**

- ECPs are known as “morning after pills”, although you do not have to wait until the morning after to take them.
- To be most effective, the ECPs should be taken in the first 24 hours, or within 72 hours (3 days) after unprotected sex. The effectiveness of using ECPs beyond 72 hours has not been proven.
- The earlier the pills are used, the more effective they will be.

**Plan B:**

Each packet of Plan B contains two tablets.

Plan B causes fewer side effects than older ECPs because it contains only progestin. Plan B reduces the risk of pregnancy by 89%.

Side effects **may** include nausea, abdominal pain, headache, dizziness, breast tenderness, and menstrual changes.

**Important Facts**

Emergency contraceptives do not protect against sexually transmitted infections.

They should not be used as your only protection against pregnancy.

They are not as effective as a continuous contraceptive method.

Plan B is not an abortion pill. It will not end an already existing pregnancy.

If you don’t get your period within two weeks of taking ECPs, contact your health care provider.

**What do I do?**

- If you think you need emergency contraception, contact Beu Health Center Pharmacy 309-298-1888
  - No appointment needed
  - Walk-ins are welcome
- Male or female age 18 and over may purchase ECPs.
- Cost of Plan B is $21.00*
  *Prices subject to change