

PATIENT

COUNSELING GUIDE

If a patient experiences unprotected sex or birth control failure, or asks about emergency contraception, let her know about Plan B One-Step®—the **#1 OB/GYN recommended brand*** of emergency contraception.¹ Use as directed. Use this guide as a reference to answer her questions.



TIMING

Since timing is essential when preventing unintended pregnancy, ask her how long ago the event happened.

Plan B One-Step must be taken within 72 hours (3 days) after unprotected sex or birth control failure. **The sooner it's taken, the better it works.**

Use as directed.

*Survey of 1000 OB/GYNs, February 2017.¹



SHE MAY HAVE ADDITIONAL QUESTIONS ABOUT PLAN B ONE-STEP®, SUCH AS:

WHAT IS PLAN B ONE-STEP?

Plan B One-Step:

- *helps prevent pregnancy when used as directed within 72 hours (3 days) after unprotected sex or birth control failure. **The sooner it's taken, the better it works***
- *is a backup method of preventing pregnancy and should not be used as regular birth control because it's not as effective*
- *has been used by millions of women²*
- *can significantly decrease the chance a woman will get pregnant when taken as directed. About 7 out of every 8 women who would have gotten pregnant will not become pregnant after taking Plan B One-Step*
- *is NOT an abortion pill. It will not work if she is already pregnant and will not affect an existing pregnancy*
- **does not protect against HIV/AIDS or other sexually transmitted diseases (STDs)**
- *should be used as directed*

WHERE DO I GET IT?

Plan B One-Step is available in the family planning aisle of many retail stores. There is no prescription or ID required for purchase. Tell her to visit PlanBOneStep.com to save \$10.

WHEN SHOULD I NOT TAKE IT?

A woman should not take Plan B One-Step:

- *If she is already pregnant, because it won't work*
- *If she is allergic to levonorgestrel or any of the ingredients in Plan B One-Step*
- *In place of regular birth control, because it's not as effective*

HOW DOES IT WORK?

Plan B One-Step contains levonorgestrel, the same hormone used in many birth control pills, just at a higher dose. Plan B One-Step works mainly by stopping the release of an egg from the ovary. It is possible that Plan B One-Step may also work by preventing fertilization of an egg (the uniting of sperm with the egg) or by preventing attachment (implantation) to the uterus (womb). It shouldn't be used as regular birth control because it is not as effective.

See additional information on following page or visit PlanBOneStep.com/hcp to learn more.

Use as directed.



QUESTIONS ABOUT PLAN B ONE-STEP® (CONT'D):

HOW WILL I KNOW IT WORKED?

A woman will know Plan B One-Step worked when she gets her next period, which should come at the expected time, or within a week of the expected time. **If her period is more than a week late, it is possible she may be pregnant. She should get a pregnancy test and follow up with a healthcare professional.**

HOW LONG AFTER TAKING PLAN B ONE-STEP CAN I RESUME MY REGULAR BIRTH CONTROL?

She should resume her regular method of contraception—or start one, if she doesn't have a regular method—right away, since Plan B One-Step does not protect against additional incidents of unprotected sex.

ARE THERE ANY DRUG INTERACTIONS?

Examples of drugs or herbal products that could decrease the effectiveness of Plan B One-Step include barbiturates, bosentan, carbamazepine, felbamate, griseofulvin, oxacarbazepine, phenytoin, rifampin, St John's wort, topiramate, and certain HIV/AIDS medications.

Tell her to contact her healthcare professional before taking Plan B One-Step if she has any concerns, or is taking any of these medications.

ARE THERE ANY POTENTIAL SIDE EFFECTS?

After taking Plan B One-Step, some women may experience side effects that include changes in their period, nausea, lower stomach (abdominal) pain, tiredness, headache, dizziness, breast tenderness, and vomiting.

Some women may experience changes in their period, such as a period that is heavier or lighter or a period that is early or late. **If her period is more than a week late, she may be pregnant, and should contact her healthcare professional.**

If she has severe abdominal pain, she may have an ectopic pregnancy, and should get immediate medical attention.

If she vomits within 2 hours of taking Plan B One-Step, she should call her healthcare professional to find out if she should repeat the dose.

For additional information, visit PlanBOneStep.com/hcp

References: 1. Market research, February 2017. Teva Women's Health, Inc. 2. FDA drug use review, December 2011.



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Use as directed.