

# *patient* counseling guide



**Use as directed.**

*When it comes to emergency contraception education*

**You play an important role**

*did you know?*

Women were over **11 times more likely** to use emergency contraception if they had received counseling about it within the year prior to unprotected sex or birth control failure.<sup>2</sup>

References: 1. Data on file. Market research, February 2016. Teva Women's Health, Inc. 2. Kavanaugh ML, Schwarz EB. Counseling about and use of emergency contraception in the United States. *Perspect Sex Reprod Health*. 2008;40(2):81-86.

For more information: [PlanBOneStep.com/hcp](http://PlanBOneStep.com/hcp)



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# Plan B One-Step<sup>®</sup> Patient Counseling Guide

The following guide can help you talk to patients about Plan B One-Step<sup>®</sup> — the #1 OB/GYN recommended brand\* of emergency contraception.<sup>1</sup>

## QUESTION

If a patient calls or comes in because she has had unprotected sex or experienced birth control failure and asks about emergency contraception

## BASICS

### Let her know that, when used as directed, Plan B One-Step<sup>®</sup>:

- Helps prevent pregnancy when taken within 72 hours (3 days) after unprotected sex. It is a single pill taken orally. **The sooner it's taken, the better it works**
- Can significantly decrease the chance a woman will get pregnant. About 7 out of 8 women who would have gotten pregnant won't become pregnant after taking Plan B One-Step<sup>®</sup>
- When used as directed, Plan B One-Step<sup>®</sup> is generally safe and effective. It contains levonorgestrel, the same hormone used in many birth control pills, just at a higher dose

### Plan B One-Step<sup>®</sup> should not be taken:

- If she is already pregnant, because it won't work
- If she's allergic to levonorgestrel or any of the ingredients in Plan B One-Step<sup>®</sup>
- As a regular birth control method, because it is not as effective

## TIMING

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

## ACCESS

### If within 72 hours (3 days)

Tell her Plan B One-Step<sup>®</sup> is available over the counter for anyone who needs to purchase it. It is usually found in the feminine care aisle at many retail stores. It is available without a prescription or ID, and with no age restriction.

### If more than 72 hours (3 days)

Tell her to visit her doctor as soon as possible to discuss her options.

## Additional things she should know

Plan B One-Step<sup>®</sup> does not protect against HIV/AIDS or other sexually transmitted diseases (STDs). After taking Plan B One-Step<sup>®</sup>, 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 have 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 doctor.** If she has severe abdominal pain, she may have an ectopic pregnancy, and should get immediate medical attention.

\*Survey of 1000 OB/GYNs, February 2016.

