

Emergency

Contraception

What's Plan B One-Step/Next Choice?

- It's an emergency contraceptive approved by the Food & Drug Administration (FDA).
- It helps prevent pregnancy from happening after unprotected sex or birth control failure and is not for routine use.
- Contains levonorgestrel, the same ingredient used in many birth control pills—and it works in a similar way.
- It can be 1 pill or 2 pills.

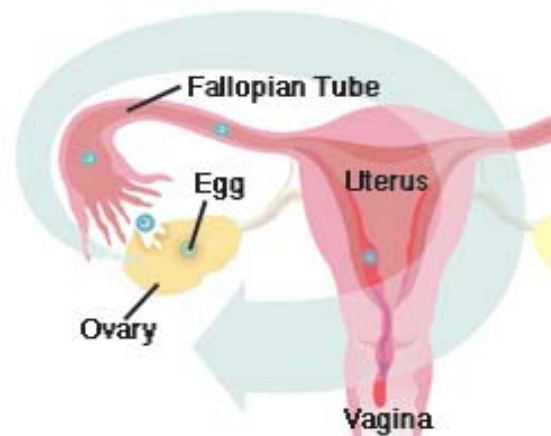


What Plan B One-Step/Next Choice is NOT:

- It is not RU-486 (the abortion pill)
- It will not work if you're already pregnant
- It will not harm an existing pregnancy
- It is not intended to be regular birth control and should not be used that way
- It is not as effective as regular birth control when used consistently and correctly—so it is important to have another reliable source of birth control that is right for you
- It will not protect you from HIV infection (the virus that causes AIDS) or any other sexually transmitted infections (STIs)

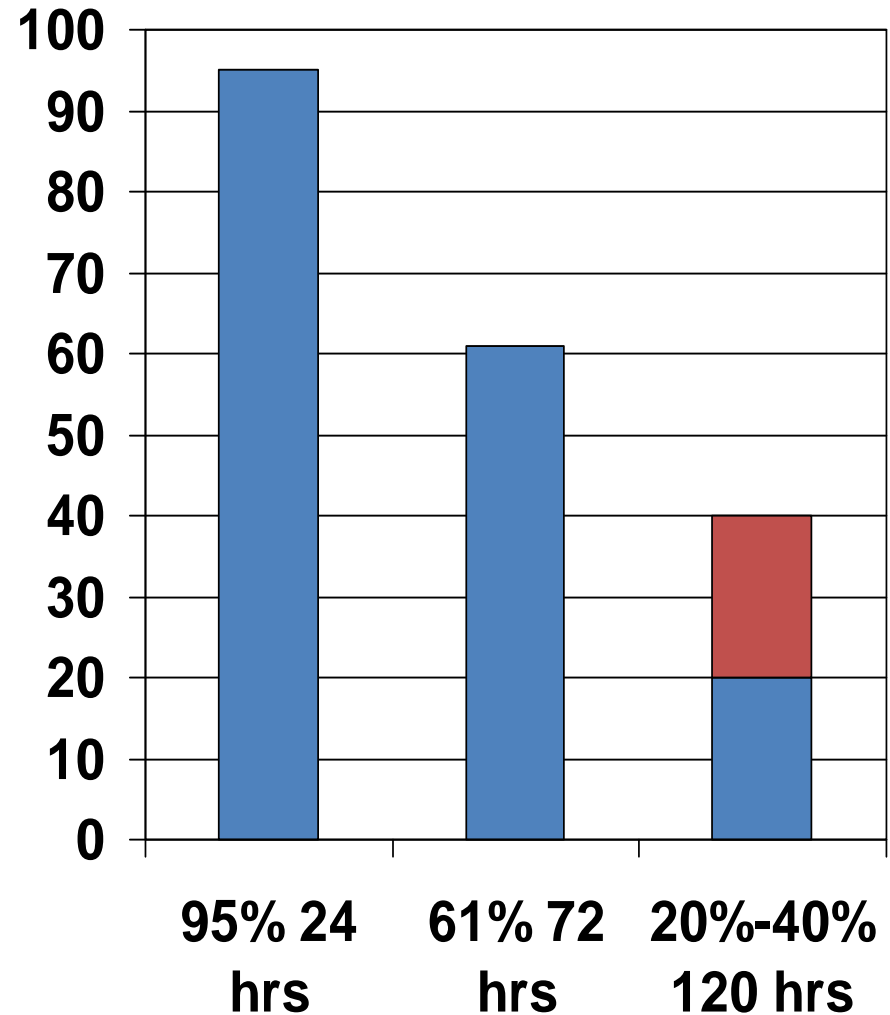
How does Plan B One-Step/Next Choice work?

- The pill should be used within 120 hours (5 days) of unprotected sex.
- It does NOT protect against further unprotected sex.
- Use another birth control method for on going birth control.
- It mainly works by preventing/delaying ovulation.

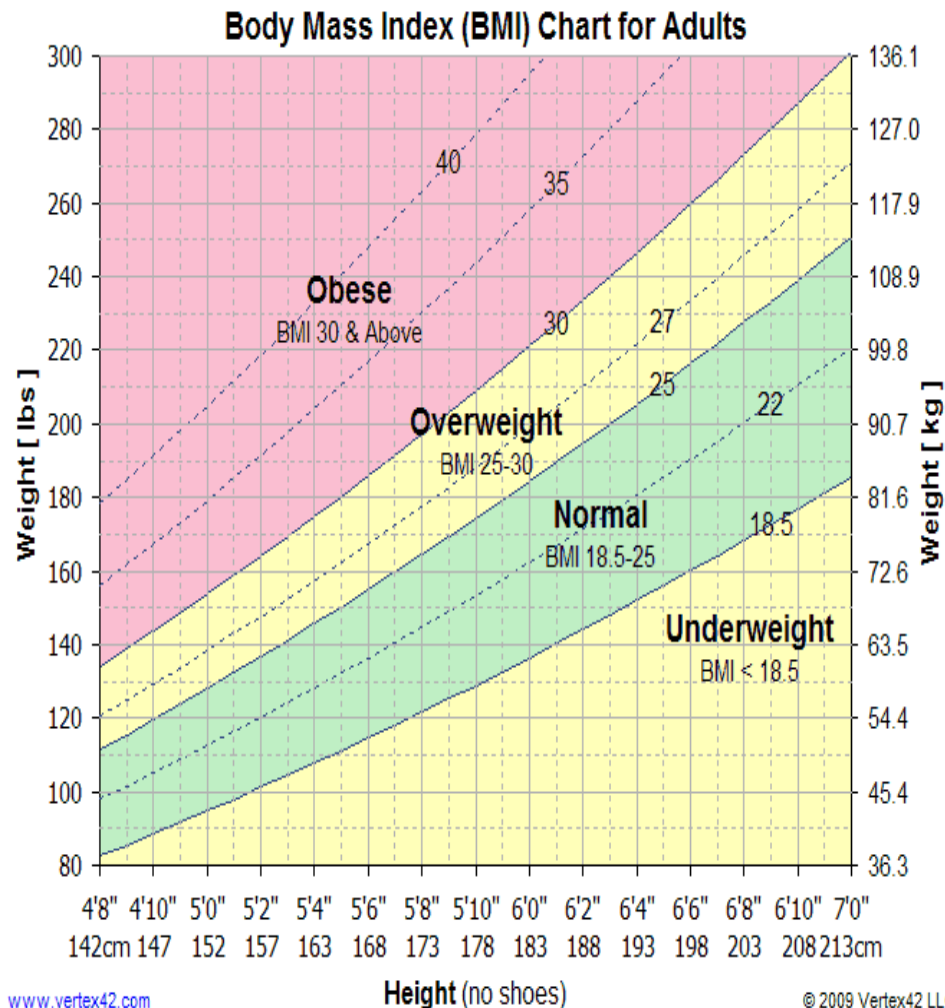


How effective is Plan B?

- Plan B is only effective within the first few days after intercourse before the egg is released from the ovary and before the sperm fertilizes the egg.
- Plan B can reduce risk of pregnancy when taken within 120 hour of unprotected sex. It is more effective when taken sooner.
 - 95% effective when taken within 24 hours
 - 61% effective when taken at 72 hours
 - 20-40% effective when taken at 120 hours



How effective is Plan B continued:



- There is a decrease in effectiveness in overweight (BMI 25-29.9kg m²) and obese women (BMI >30kg m²).

Side Effects of Plan B:

- Heavier or lighter than usual menstrual bleeding
- Spotting or bleeding between menstrual periods
- Most women get their next period within 7 days of the expected date. If not, call your doctor.
- Nausea
- Vomiting: if you vomit <2 hours after taking Plan B, call the ER charge nurse to see if an additional dose is needed.
- Diarrhea
- Tiredness
- Headache
- Dizziness
- Breast pain or tenderness

What is Ella?



- It is an emergency contraceptive approved by the Food & Drug Administration (FDA).
- It helps prevent pregnancy after unprotected sex or birth control failure and is not for routine use.
- It is just one pill.

What you should know about Ella:

- It does not protect against future pregnancies.
- Do not take if you are pregnant/breast feeding. It is unknown whether it causes birth defects.
- Do not take more than once a month/once a menstrual cycle.
- Ella is NOT the abortion pill (sometimes called RU-486 or mifeprex).
- Not used to terminate an existing pregnancy.
- It is not as effective as regular birth control when used consistently and correctly—so it is important to have another reliable source of birth control that is right for you
- It will not protect you from HIV infection (the virus that causes AIDS) or any other sexually transmitted infections (STIs).

How does Ella work?



- Ella is 97.8% effective.
- Ella works by delaying ovulation for up to 5 days.
- Evidence shows it may also prevent implantation of a fertilized egg to the uterine wall.
- May have a decrease in effectiveness in obese women (BMI >30 kg/m²).

Common side effects from Ella:

- Your next menstrual cycle may be a few days early or a few days late. More than 7 days late, call your doctor.
- Headache
- Nausea
- Vomiting: if you throw up <3 hours after taking Ella, call the ER charge nurse and ask if another dose is needed.
- Stomach pain
- Menstrual pain (cramps)
- Tiredness
- Dizziness

WARNING!!!

Both *oral* emergency contraceptives DO NOT protect against further unprotected sex after taking the medication.

You SHOULD protect yourself with an alternative form of contraceptive such as a form of birth control or use a condom.

NONE of the emergency contraceptives protect against any STI's, HIV/AIDS.

Does the choice of EC pill differ if the patient uses hormonal birth control?

- Hormonal birth control contains progestin
 - Some also contain estrogen
- **Ella is an anti-progestin**
- Ella may be less effective if the pt is on hormonal birth control
- Ella may interfere with hormonal birth control

If the patient has missed some pills

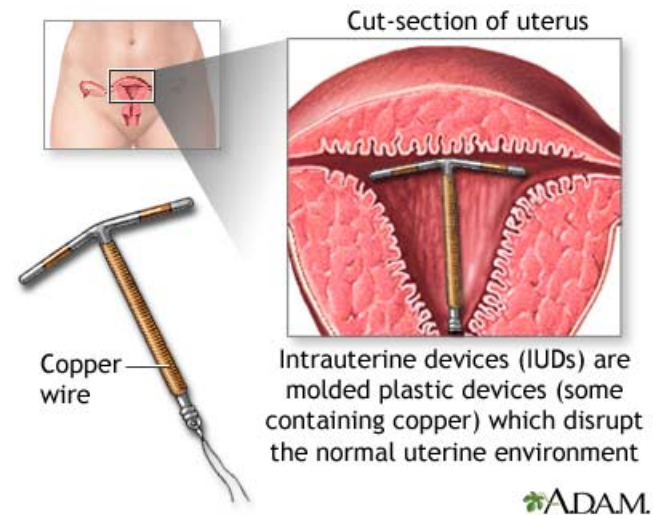
- **Offer Plan B**, even if the pt has a high BMI, or is mid cycle, or >72 hours IF the pt has taken any of her pills within the past 7 days
- If the pt has missed 7 days of pills you may offer ella
 - Can restart pills after 5 days
- Use barrier method of birth control for rest of cycle

If the pt wants EC even though she is on a current method of hormonal birth control

- Offer Plan B instead of ella since ella may be less effective or may interfere with hormonal birth control

What is the Copper IUD (ParaGard)?

- The copper IUD also known as ParaGard is a contraceptive also used as an emergency contraceptive.
- It is 100% hormone free.
- More effective than oral emergency contraceptives; 99% effective.
- Suitable for women of ALL sizes.
- Can be used for 10-12 years.



How does the Copper IUD work?

- Copper-bearing IUDs release copper ions into the fluids of the uterus and the fallopian tubes, weakening the sperm and slowing it down.
- Works by preventing fertilization.
- Must be inserted within 5 days of unprotected sex.
- **There's no waiting period, starts working right away.**
- <1% chance per year in becoming pregnant.

What you should know about the Copper IUD?

- In rare cases, IUDs can cause an increased risk of ectopic pregnancy and/or perforation of the uterus.
- Do not protect against sexually transmitted disease.
- Does not interfere with menstrual cycle.
- Can cause heavier and longer periods and spotting between periods that subsides in 2-3 months.
- Do not use if you have a pelvic infection or get infections easily.

If the patient is interested in the Copper IUD

- Still give oral emergency contraception if the pt wants a Copper IUD
- There is no contraindication to giving Plan B or ella with the Copper IUD because it is not a hormonal method of birth control