

BIRTH CONTROL—

Choosing a method that's right for you

Not every method of birth control is right for everyone. Please see your healthcare professional to discuss which birth control method is appropriate for you.

HORMONAL

NONHORMONAL

Birth Control	How to Use	Prescription Needed	Protects Against STDs
Monthly oral contraceptive (the Pill) 	Take 1 pill every day as directed	Yes	No
Extended-regimen oral contraceptive 	Take 1 pill every day for 3 months as directed	Yes	No
Patch 	Apply to skin and change weekly	Yes	No
Vaginal ring (hormonal) 	Insert monthly and leave in place for 21 days	Yes	No
Injection 	Get injections every 3 months	Yes. Injections given in healthcare professional's office or clinic	No
Hormonal intrauterine contraceptive (IUC) 	Inserted in the uterus and can remain for up to 5 years	Yes. IUC inserted in healthcare professional's office or clinic	No
Spermicide 	Apply every time before sex	No	No
Diaphragm 	Insert every time before sex	Yes	No
Contraceptive sponge 	Insert up to 24 hours before sex. Keep in place for 6 hours after sex	No	No
Cervical cap 	Insert every time before sex	Yes	No
Female condom 	Insert every time before sex	No	Yes
Male condom 	Partner must wear every time during sex	No	Yes (latex only)
Nonhormonal intrauterine contraceptive (IUC) 	Inserted in the uterus and can remain for up to 10 years	Yes. IUC inserted in healthcare professional's office or clinic	No
Female sterilization ("tubes tied") or male sterilization (vasectomy) 	No action required after surgery	No. Performed surgically	No

EMERGENCY CONTRACEPTION

Plan B® (levonorgestrel) tablets, 0.75 mg, is a backup, or emergency, method of contraception.



Please see reverse for more information.

Facts about PLAN B[®] EMERGENCY CONTRACEPTION

Available
without a
prescription
for ages 18
and older

What Plan B[®] Is

It is emergency contraception (EC)—Plan B[®] is the EC that can be used to help *prevent* a pregnancy after unprotected sex. When taken as directed within 72 hours (3 days) after unprotected sex or contraceptive failure, Plan B[®] can reduce the risk of pregnancy by up to 89%.

It is safe and effective—Plan B[®] tablets contain levonorgestrel, the same hormone found in many birth control pills that healthcare professionals have prescribed for more than 35 years.

What Plan B[®] Is Not

It is not RU-486 (the abortion pill)—Because Plan B[®] is used to help *prevent* an unplanned pregnancy, it is not effective if you're already pregnant.

It is not routine birth control—Plan B[®] should be used only for emergencies. It should not be used as regular birth control, because it is not as effective as other birth control methods. It's important to remember that Plan B[®] does not protect you from HIV infection (the virus that causes AIDS) or any other sexually transmitted disease (STD).

How to Take Plan B[®]

You have only a few days to prevent pregnancy after unprotected sex. Plan B[®] works better the sooner you take it.

- Take the first tablet **as soon as possible** within 72 hours (3 days) after unprotected sex or contraceptive failure.
- Take the second tablet 12 hours after you take the first tablet.

How to Get Plan B[®]

It is available without a prescription at the pharmacy counter if you are age 18 or older.

- Have government-issued ID to show proof of age when you make your purchase.
- If you're 17 and younger, you'll need a prescription.

To learn more about Plan B[®], please visit www.go2planb.com. To speak with a live healthcare professional, available 24 hours a day, 7 days a week, call toll-free 1-800-330-1271.

Important Safety Information: Plan B[®] isn't effective if you're already pregnant, and it won't terminate an existing pregnancy. **Plan B[®] does not protect against HIV or other sexually transmitted diseases (STDs).** Side effects may include nausea, abdominal pain, fatigue, headache, changes in your period, dizziness, and breast tenderness. If your period is more than a week late, you may be pregnant. If you have severe abdominal pain, you may have an ectopic pregnancy, and should get immediate medical help.

Please see [Product Information](#) to learn more.

Plan B[®] is a registered trademark of Women's Capital Corporation, a subsidiary of Duramed Pharmaceuticals, Inc.



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Because the unexpected happens

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