

sex talk.

answers to your questions about sex and relationships

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The HPV vaccine Gardasil®-9 is available at Campus Health. Call (520) 621-2282 for more information.

How does plan B work? I've heard about it but I don't know the details.

Plan B, also known as the “morning after pill,” is taken after unprotected intercourse to prevent pregnancy. It is not the abortion pill, nor will it damage or stop an implanted pregnancy. Plan B One Step® is now the most common over-the-counter (OTC) emergency contraception (EC) on the market, containing just one pill. Plan B One Step® can reduce the risk of pregnancy by 75-89% if taken within 3 days (72 hours) of unprotected intercourse; if taken within 24 hours it's about 94% effective. Here's what you need to know: **the sooner the pill is taken, the more effective it is.**

Plan B One Step® contains the progestin hormone levonorgestrel – which is found in lower doses in some birth control pills. Depending on a woman's menstrual cycle, it can work by:

- Delaying or preventing ovulation (the release of an egg)
- Altering the lining of the uterus – makes it more difficult for an egg to attach

There may be some temporary side effects including: headache, nausea, stomach pains, breast tenderness, and menstrual cycle changes.

It's a good idea to have it on hand in case of unprotected intercourse, a broken condom, or if a backup method of birth control failed. Emergency contraception does not protect against sexually transmitted infections (STIs) and should not be used as a regular birth control method. It's called “Plan B” for a reason.

Plan B One Step® can be purchased OTC by anyone age 17 and older. The UA Campus Health Pharmacy sells the EContra EZ (generic Plan B) for \$35. Ella® is another EC pill that can be taken up to 5 days after intercourse. Ella® requires a prescription and costs \$34.40 at Campus Health. Have questions or want more information? Call (520) 621-6516 to speak with our knowledgeable and friendly pharmacists.



www.health.arizona.edu

Have a question? Email it to sextalk@email.arizona.edu



**CAMPUS
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