

How to take the Emergency Contraception Plan B (Barr Laboratories)

1	If medications commonly make you nauseated you may want to take Dramamine, before taking the Emergency Contraception medication. Take 1 or 2 pills of Dramamine, or generic, 30 minutes before taking the Emergency Contraception medication. One Dramamine is usually sufficient, two may make you drowsy.
2	You need to eat something before you take your Emergency Contraception tablets. (eating beforehand may decrease the possibility of becoming nauseated)
3	Take one tablet of the Emergency Contraception medication.
4	Exactly 12 hours after taking the first tablet of the Emergency Contraception, repeat steps 1, 2, 3

If You Vomit	If you vomit within two hours of taking your Emergency Contraception tablets please call the Student Health Service at (252) 328-6841 and ask to speak to a <u>pharmacist or nurse</u> regarding replacement of the Emergency Contraception tablets you vomited up. (It takes your stomach approximately 2 hours to digest the medication so if you throw up during that time, the medication may not be completely absorbed-you will need to try a replacement dose for the dose you threw up). For replacement doses of Emergency Contraception please seek the advice of a Student Health Service pharmacist or nurse, they can advise you with the best method of how to prevent your throwing up another Emergency Contraception dose.
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Your Period	<p>You should have your period near its normal time for your body, (your period may be a few days early or late but you should have a period). You may see some light vaginal spotting within a week of taking the Emergency Contraception but this may be due to the medication and not your period.</p> <p>Your period should be normal in flow or may be heavier than usual.</p> <p>If you do not have your period within 1 week of its normal time, or if your period is unusually light, please call Student Health Service and schedule an appointment for a pregnancy test. Appointments (252) 328-6841.</p>
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If you experience severe lower abdominal pain, faintness or dizziness after taking the Emergency Contraceptive pills, please contact Student Health Service (252) 328-6841 immediately and ask to speak to a provider or call the nearest available medical provider.

For questions concerning Emergency Contraception please call the Pharmacy Department (252) 328-6793; Monday thru Thursday 8am-6pm and Fridays 8am-5pm. For questions regarding Emergency Contraception when the Pharmacy is closed please call (252) 328-6841.

Key Reminder Points Concerning Emergency Contraception

- Emergency Contraception should be used only in **emergency situations** where regular methods of birth control prevention fail. Emergency Contraception is **not to be used** as a regular method of birth control due to its lower effectiveness as compared to standard birth control methods.
- Emergency Contraception offers **no protection** from sexually transmitted infections. If you have concerns regarding sexually transmitted infections or are exhibiting symptoms which you feel may be due to a sexually transmitted infection please schedule an appointment with a health care provider as soon as possible.
- Emergency Contraception in some instances may cause vomiting. If you vomit within **2 hours after taking** your Emergency Contraception medication, please call Student Health Service at (252) 328 - 6841 and ask to speak to a pharmacist or nurse regarding replacing the Emergency Contraception dose you threw up. For advice on how to take a replacement dose of Emergency Contraception when Student Health Service is closed, please contact a local urgent care clinic or medical office.
- Emergency Contraception is **75% - 89%** effective if taken within the first 24 hours after unprotected sexual intercourse. The effectiveness rate then **decreases** over the course of time. The longer you wait after unprotected sexual intercourse to begin the medication the less effective the medication will be at preventing pregnancy.
- Your period should come **near its normal** time for you, though in some instances you may begin your period up to a week early or up to a week late. If you do not get your period **within one week** after you are normally due to begin, or if your period is unusually light, please schedule an appointment with a Student Health Service Provider by calling (252) 328 - 6841.
- Common side effects associated with Emergency Contraception include nausea and vomiting, fatigue, breast tenderness, early or late periods. While most of these side effects are usually only bothersome to patients, if you feel you need to speak with someone regarding these side effects, or if you experience any other problems or unusual occurrences after taking the Emergency Contraception medication, please call Student Health Service and ask to speak to a pharmacist or nurse. (252) 328 - 6841
- After taking the Emergency Contraception medication, you should **seek medical attention** immediately if you experience severe lower abdominal pain, spotting after a light or absent period, faintness, or dizziness.
- Take the Emergency Contraception Medication exactly as instructed by your health care provider.
- Emergency Contraception Medication **will not** interfere with an established pregnancy, it only works preventively.
- Emergency Contraception is not a substitute for regular birth control. You should begin using a regular method of birth control immediately after taking the Emergency Contraception and continue with a regular method of birth control for prevention of future pregnancies.
(if you currently using a birth control pill, patch, injection, or ring and have not used it on a consistent basis, you should use a back up form of birth control for the next month for pregnancy prevention)
- Emergency Contraception is most effective the sooner you begin it after unprotected sexual intercourse. Begin the Emergency Contraception medication as soon as possible.
- If you are currently taking one of these listed medications, Emergency Contraception Medication may be less effective for you. **Do not stop taking your regular medications** but remember that if you do not get your period **within one week** after you are normally due to begin, or if your period is unusually light, please schedule an appointment with a Student Health Service Provider.

Phenobarbital:
(Donnatal, Hyosphen, Bellamine)
Mudrane, Quadrinal, Lufyllin)

Aprobarbital: (Alurate)

Butabarbital: (Butisol)

Butalbital:

(Americet, Ascomp, Axocet, Bucet)

Butex, Dolgic, Esgic, Fiorinal,
Fioricet, Medigesic, Phrenelin, Promocet
Promocet, Repan, Sedapap

Tencon, Triad)

Secobarbital: (Seconal)

Pentobarbital: (Nembutal)

Carbamazepine: (Tegretol)

Phenytoin: (Dilantin)

Mephobarbital: (Mebaral)

Rifampin: (Rifadin, Rimactane)

- Please see the opposite side of this sheet on how to take the Plan B product as recommended by ECU Student Health Service