

## WHERE CAN SOMEONE GET Plan B?

- **Youth Clinics** - Free
- **Community Health Centres/Offices**  
- Free (Ask for a nurse to help you with ECP)
- **Health Care Provider or Walk-in clinics**
- **Options for Sexual Health Clinics (OPT)**  
call 604-731-4252
- **Drugstores/Pharmacies.**  
(available without a prescription)

## WHAT IF I AM GIVING PLAN B TO SOMEONE ELSE?

If you are getting **Plan B** for someone else

- Give them this brochure, they should read and understand all the information here.
- Remind them to call the **Youth Clinic**, the **nurse, NP, doctor** or **pharmacist** or call **1-800 SEX SENSE**, if they have any questions.
- Point out that **Plan B** should not be taken by someone who is pregnant, is allergic to **Plan B**, has abnormal bleeding from the vagina, breast cancer, liver disease or liver tumour.

Youth clinics offer free and confidential services:

- Birth control options
- Emergency contraception
- Condoms
- Pregnancy testing and options counseling
- HIV and STI (sexually transmitted infections) testing & treatment
- Pap tests
- Counseling
- Help with stress, drug & alcohol issues, relationships, family issues and emotions

Youth clinic hours may change. Look up the youth clinic closest to you on the internet **www.vch.ca**. Please call the clinic of your choice first to make sure that it is open before you drop in.

Visit our websites:

**www.vch.ca**  
**www.planetahead.ca**  
**www.not-2-late.com**

**Options for Sexual Health (OPT)**  
**Sex Sense Line: 1-800-739-7367 or**  
**604-731-7803**

**Vancouver Coastal Health**  
*Promoting wellness. Ensuring care.*

For more copies, go online at <http://vch.eduhealth.ca> or email [phe@vch.ca](mailto:phe@vch.ca) and quote Catalogue No. **HED.474Y**  
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The information in this document is intended solely for the person to whom it was given by the health care team.  
[www.vch.ca](http://www.vch.ca)

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Emergency Contraceptive Pill

# Plan B



The Emergency Contraceptive Pill (ECP) is a good way to prevent pregnancy after sex without some type of birth control.

**Plan B** is an ECP that is easy to take, has few side effects, and is free at Youth Clinics and Community Health Centres/Offices

### WHAT IS PLAN B?

**Plan B** is a method of birth control with the hormone progestin and is taken by women in these cases:

- After sex without birth control
- If birth control fails. Such as - a broken condom, missed or late birth control pills.
- After sexual assault or rape.

### How does it work?

It may keep the ovaries from letting out an egg, keep the sperm from meeting the egg, or stop the egg from attaching to the wall of the uterus.

### How effective is it?

Timing is Important!

The sooner you take **Plan B** after unprotected sex, the better. It works best if taken within **24 hours**, but it will work up to **5 days**. The longer you wait after you have sex, the less effective it is.

### HOW DO YOU USE IT?

- Take **Plan B** as soon as you can after unprotected sex.
- It is safe to take **Plan B** every time you have unprotected sex, even more than once in your monthly cycle. **Plan B** is not recommended for regular use because it does not work as well as other birth control methods.
- **Plan B** comes in a package with two pills. Take both pills at the same time as soon as you can after unprotected sex.
- If you do not have a period within 3 weeks of taking **Plan B**, you should get a pregnancy test.

### WHO SHOULD NOT USE IT?

- A woman should not take ECP if she knows she is pregnant. It will not work. (**Plan B** will not harm a fetus)
- Tell your health care provider about any unusual vaginal bleeding, allergies, or medical problems such as breast cancer, liver disease or liver tumour



PROTECT  
*yourself*



PROTECT  
*your*  
future

The **CLINICS** listed on this brochure are for **YOUTH**. You can visit any one of them. All visits to these clinics are confidential. No one will call your home to say you were there.

### WHAT DOES Plan B COST?

- **Plan B** is free at Youth Clinics and Community Health Centres/Offices.
- **Plan B** is also available from behind the counter at drugstores for a fee.

### Are there any side effects?

Side effects are minor and not common.

- Nausea is usually mild and will go away. If you do get sick and throw up, you do not need another dose unless it has been less than one hour since you took the pills.
- Changes in your period. If you do not have your period within 3 weeks after taking **Plan B**, you should get a pregnancy test.
- Tender breasts, stomach pain, feeling very tired or dizzy, and headache are rare

### CAUTION

- **Plan B** does not protect against Sexually Transmitted Infections (STIs) or HIV. Condoms should be used every time you have sex. If you have had unprotected sex, you may want to be tested for STIs. Talk to your local clinic.
- **Plan B** will not protect you from pregnancy if you have unprotected sex after you take it.