

SANILAC COUNTY HEALTH DEPARTMENT – FAMILY PLANNING  
**HORMONAL EMERGENCY CONTRACEPTIVE FACT SHEET**

Emergency contraception works by stopping the ovary from releasing an egg if given before ovulation. There may be another way that it works if given after ovulation, however, that is unknown at this time. It will not terminate an established pregnancy. It will not harm a fetus if already pregnant

Effectiveness:

- 89% of the time
- LNG-EC may be less effective in obese women
- The sooner it is taken after unprotected intercourse, the more effective it will be.

Use:

- Should be used as soon as possible after unprotected intercourse.
- May be used up to 120 hours (5 days) after unprotected intercourse.
- Use after unprotected intercourse; if condom breaks during intercourse, if a partner fails to withdraw before ejaculation, or if you miss birth control pills or your depo shot.
- After a rape, it usually given by emergency room personnel.
- If your period does not start within four (3) weeks, contact the Family Planning Clinic regarding a pregnancy test.

Benefits:

- Prevents pregnancy after intercourse

Discontinuation:

- Nausea and vomiting occur less frequently with Plan B, however, if you vomit within two (2) hours after the dose, call the Family Clinic and speak with a nurse.

Side Effects:

- Fatigue
- Breast tenderness
- Menstrual changes
- Nausea/bloating
- Short term headache

Warning Signs:

- There are no warning signs

Risks and Complications:

- There are no known risks or complications

**REMEMBER, EMERGENCY CONTRACEPTIVES DO NOT PROTECT AGAINST ANY SEXUALLY TRANSMITTED DISEASES, SO IT IS IMPORTANT TO USE CONDOMS EACH TIME YOU HAVE SEX.**

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