

**OB-GYN WOMEN PHYSICIANS ASSOC., INC.**

**NILIMA PAREKHJI, M.D., F.A.C.O.G., J.D.**

(408) 358-1881 (408) 356-9608 fax

**Emergency Contraception (ECP) - The Morning After Pill.**

Some people call emergency contraceptive pills "morning after pills." But you do not have to wait until the morning after. You can start the pills right away or up to **THREE** days after you have had unprotected sex - that is, sex during which you did not use birth control or your birth control may have failed. Therapy is more effective the earlier it is initiated within the 72- hour window. but it is most effective (98%) within the first 48 hours. It should be considered as an emergency procedure to be used only infrequently and not as an ongoing method of birth control.

**We advise you to take the pills as soon as possible after unprotected sex.**

ECP's do not protect against sexually transmitted infections. Do not use emergency contraceptives as your only protection against pregnancy if you are sexually active or planning to be, because they are not as effective as any ongoing contraceptive method.

Emergency contraceptive pills require a prescription. Most women can safely use emergency contraceptive pills, even if they cannot use birth control pills as their regular method of birth control.

There are two types of emergency contraceptive pills. The pre-packaged brand name called Plan B®. Ovral® (birth control pill) is also used. Several other brands of birth control pills, **but not all brands**, packaged for ongoing contraception, can be used for emergency contraception.

**RISKS:**

1. It may not prevent pregnancy.
2. If you are already pregnant, these hormones have been reported to cause birth defects in children.
3. Nausea and/or vomiting. About 50% of women get nauseated and 20% vomit.
4. Any and all of the side effects of hormones.

**INSTRUCTIONS:**

Plan B® Take one (1) pill immediately and one (1) more in 12 hours.

Ovral ® Take two (2) pills immediately and two (2) more in 12 hours.

You should have a menstrual period within three (3) weeks. If you do not have a period within three (3) weeks, contact our office for arrangements for a pregnancy test.

I have read and understand the information above and request the "morning after" pill.

Signature \_\_\_\_\_ NAME \_\_\_\_\_ DATE \_\_\_\_\_