



Protect Yourself & Your Future

*Important Information for Women About Plan B[®],
Birth Control & Sexually Transmitted Diseases*

Please see enclosed important
Product Information for Plan B[®].



From the makers of Plan B[®], Duramed Pharmaceuticals, Inc., a subsidiary of Barr Pharmaceuticals, Inc.

What is Plan B®?

Plan B® is emergency contraception. Emergency contraception is a **backup** method of preventing pregnancy and is not for routine use. Drugs used for emergency contraception are called emergency contraceptive pills, postcoital pills, or morning after pills.

Plan B® can reduce your chance of pregnancy after unprotected sex (if your regular birth control method fails or if you have had sex without birth control). For example, if you were using a condom and it broke, or if you forgot to take 2 or more of your birth control pills this month, or if you did not use any birth control method, Plan B® may work for you.

How does Plan B® work?

Plan B® contains a dose of the hormone levonorgestrel that is higher than in a single birth control pill. Levonorgestrel has been used in birth control pills for over 35 years. Plan B® works like a birth control pill to prevent pregnancy mainly by stopping the release of an egg from the ovary. It is possible that Plan B® may also work by preventing fertilization of an egg (the uniting of sperm with the egg) or by preventing attachment (implantation) to the uterus (womb), which usually occurs beginning 7 days after release of an egg from the ovary. Plan B® will not do anything to a fertilized egg already attached to the uterus. The pregnancy will continue.



When is it appropriate to use Plan B®?

You can use Plan B® **after** you have had unprotected sex 1 or more times in the last 3 days (72 hours), and you don't want to become pregnant.

Plan B® can be used as a backup method to birth control if, for example,

- Your regular birth control failed (your partner's condom broke or slipped)
- You made a mistake with your regular method (you missed 2 or more birth control pills this month)
- You did not use any birth control method

When is it not appropriate to use Plan B®?

- Plan B® should not be used as a regular birth control method. It does not work as well as most other forms of birth control when they are used consistently and correctly. Plan B® is a backup or emergency method of contraception
- Plan B® should not be used if you are already pregnant because it will not work
- Plan B® should not be used if you are allergic to levonorgestrel
- Plan B® does not protect against HIV (the virus that causes AIDS) or other sexually transmitted diseases (STDs). The best ways to protect yourself against getting HIV or other STDs are to use a latex condom correctly with every sexual act or not to have sex at all



How can I get the best results from Plan B®?

You have only a few days to prevent pregnancy after unprotected sex. **Plan B® works better the sooner you take it.** Take the first Plan B® tablet **as soon as possible but not later than 3 days (72 hours)** after unprotected sex. Take the second tablet **12 hours** later.

How effective is Plan B®?

Plan B® works best the sooner you use it. If it is taken within 72 hours (3 days) after sex, it will significantly decrease the chance that you will get pregnant. Seven out of every 8 women who would have gotten pregnant will not become pregnant. Plan B® works even better than this if taken within the first 24 hours after sex.

How will I know if Plan B[®] worked?

Most women will have their next menstrual period at the expected time or within a week of the expected time. If your menstrual period is delayed beyond 1 week, you may be pregnant and you should get a pregnancy test and follow up with your healthcare professional.

What if I am already pregnant and use Plan B[®]?

There is no medical evidence that Plan B[®] would harm a developing baby. If you take Plan B[®] accidentally after you are already pregnant, or it does not work and you become pregnant, it is not likely to cause any harm to you or your pregnancy. Plan B[®] should not have any effect on a pregnancy after implantation.



What should I do if my menstrual period is delayed beyond 1 week and I have severe lower stomach pain?

If you have severe lower stomach pain about 3 to 5 weeks after taking Plan B[®], you may have a pregnancy outside the uterus (a tubal pregnancy). See a healthcare professional right away because a tubal pregnancy requires immediate medical treatment.

Can I use Plan B[®] for regular birth control?

Plan B[®] should not be used for regular birth control. Plan B[®] is not as effective as using a regular birth control method correctly and consistently. It is a backup method to be used if your regular birth control fails or if you have sex without birth control. You should not

have unprotected sex following treatment because Plan B[®] will not protect you from getting pregnant.

How often can I use Plan B[®]?

Plan B[®] is meant for infrequent emergency protection. If you need to use emergency contraception often, you should consult with your healthcare professional for your best methods of birth control and STD prevention.

Will I experience any side effects from Plan B[®]?

When used as directed, Plan B[®] is safe for women. Plan B[®] has no serious or lasting medical side effects. Some women will experience non-serious side effects, such as nausea, stomach pain, headache, dizziness, or breast



tenderness. These are similar to the side effects of regular birth control pills. Some women have menstrual changes such as spotting or bleeding before their next period. Some women may have a heavier or lighter next period, or a period that is early or late. **If your period is more than a week late, you should get a pregnancy test.**

What warnings should I know about when using Plan B®?

Plan B® does not protect against the AIDS virus (HIV) or other sexually transmitted diseases (STDs).

Do not use:

- If you are already pregnant (because it will not work)
- If you are allergic to levonorgestrel or any of the ingredients in Plan B®
- For regular birth control

When using this product you may have:

- Nausea
- Vomiting
- Stomach pain
- Tiredness
- Diarrhea
- Dizziness
- Breast pain
- Headache
- Menstrual changes



Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

What are the directions for using Plan B®?

- **Women 18 years of age and over:**
 - **take the first tablet as soon as possible but not later than 72 hours (3 days) after unprotected sex**
 - take the second tablet **12 hours** after you take the first tablet
 - if you vomit within 1 hour of taking either dose of medication, call a healthcare professional to discuss whether to repeat the dose
- Prescription only for age 17 and under. If age 17 or under, see a healthcare professional

What should I do if I have questions about Plan B®?

If you have questions or need more information about this product, call our toll-free number, 1-800-330-1271, visit our Web site at www.go2planB.com, or ask a healthcare professional.

Other information

- This package is sealed with 2 imprinted seals. **Do not use if these imprinted seals have been removed, torn, or broken**
- Store at 20-25°C (68-77°F)



Active ingredient: levonorgestrel 0.75 mg in each tablet

Inactive ingredients: colloidal silicon dioxide, potato starch, gelatin, magnesium stearate, talc, corn starch, lactose monohydrate

Protect yourself in more ways than one!

If you are sexually active, but you're not ready for a pregnancy, it is important to use routine pregnancy protection. There are many types of birth control. Whichever type you choose, it's important to use your routine birth control method as directed. This ensures that you have effective protection against pregnancy every time you have sex.

But, things do not always go as planned. You might have forgotten to take your pill, or another birth control method you use might have failed (for example, a condom can break during sex). That is why there is Plan B[®]. Plan B[®] is an emergency contraceptive that offers you a second chance to prevent pregnancy after unprotected sex or when you fail to use your birth control method correctly.

Remember, Plan B[®] is only for emergency pregnancy prevention. It works well for this purpose. There are many other products that work very well for routine birth control. The most effective of these are available by prescription from your healthcare professional. Other effective methods are available for purchase without a prescription.



There is also another form of protection to think about when you have sex: protection against sexually transmitted diseases (STDs). Some common STDs are HIV/AIDS, chlamydia, genital herpes, gonorrhea, hepatitis, human papilloma virus (HPV), genital warts, syphilis, and trichomonas. Some of these STDs can be very serious and can lead to infertility (permanent inability to have a baby), problems during pregnancy, chronic illness, and even death.

All sexually active women are at risk of catching STDs because they may not be able to know that their partner has an STD (the partner himself may not know). If your partner uses a latex condom **correctly each and every time you have sex with him, this will help reduce, but not eliminate, the chance that you will catch an STD.**

No other birth control methods will protect you from STDs. The female condom may give you some STD protection, but it is not as effective as a male latex condom.

For more information on STDs, call the Centers for Disease Control and Prevention (CDC) AIDS/STD Hotline. The CDC phone numbers are 1-800-342-AIDS (2437) for English, 1-800-344-7432 for Spanish, or 1-800-243-7889 for hearing impaired, TDD.



Be sure to protect yourself against pregnancy and STDs by using some form of birth control plus a latex condom. Of course, not having sex is the most effective way to prevent pregnancy and stay free of STDs. We hope this information will help you make the right choices to stay healthy for your future.

Plan B[®] is used to prevent pregnancy after unprotected sex or contraceptive failure.

Plan B[®] should not be used if you are already pregnant (because it will not work), if you are allergic to levonorgestrel or any of the ingredients in Plan B[®], or for regular birth control.

Menstrual bleeding may be heavier or lighter after taking Plan B[®]. If your period is more than a week late, pregnancy should be considered.

Plan B[®] does not protect against the AIDS virus (HIV) or other sexually transmitted diseases (STDs).

Common side effects associated with the use of Plan B[®] included nausea, vomiting, stomach pain, tiredness, diarrhea, dizziness, breast pain, headache, and menstrual changes.



1-800-330-1271

www.go2planB.com

Plan B® is a registered trademark of Women's Capital Corporation, a subsidiary of Duramed Pharmaceuticals, Inc.



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