



FACT SHEET

AT A GLANCE



OB/GYN
**RECOMMENDED
EMERGENCY
CONTRACEPTION
BRAND**

AT ALL
**MAJOR
RETAILERS**
WITH NO



REQUIRED TO PURCHASE

CHOSEN
by
MILLIONS
of
WOMEN

What is Plan B One-Step®?

Plan B One-Step is emergency contraception that helps prevent pregnancy before it begins. It is a backup method and is not meant to be used as routine contraception.

When should a woman take Plan B One-Step?

Plan B One-Step should be taken within 72 hours after unprotected sex or birth control failure. The sooner it is taken, the better it works.

Plan B One-Step is not an abortion pill.

Plan B One-Step is a progestin-only emergency contraceptive that helps prevent pregnancy before it begins—it is not an abortion pill and it will not affect an existing pregnancy. Plan B One-Step works by delaying ovulation, or the release of an egg from the ovary. It will not be effective if a woman is already pregnant.

How long after taking Plan B One-Step can a woman resume her regular birth control?

Right away—Plan B One-Step does not impact the effectiveness of any regular birth control options, so a woman can resume her birth control method or start one if she does not have one.

How does Plan B One-Step work?

Plan B One-Step is a single pill that contains levonorgestrel, the same hormone used in many popular forms of birth control—just at a higher dose. And, it works like a regular birth control pill to delay ovulation, or the release of an egg from the ovary.

Will Plan B One-Step affect a woman's future fertility?

Taking Plan B One-Step will not impact a woman's future (or long-term) fertility.



How many times can a woman take Plan B One-Step in her lifetime?

If a woman has used Plan B One-Step as emergency contraception in the past, there is no reason why she can't use it again after unprotected sex or birth control failure. However, emergency contraception is not regular birth control and should only be used as a backup option.

What are some possible side effects of Plan B One-Step?

Every woman is different, but when used as directed, Plan B One-Step is safe and effective. Some women may experience side effects such as a period that is lighter, heavier, early or late, nausea, lower abdominal pain/cramps, tiredness, headache, dizziness, breast tenderness or vomiting. If a woman's period is more than a week late, she may be pregnant and should contact her healthcare professional.

Plan B One-Step won't protect against HIV/AIDS or other sexually transmitted diseases (STDs).

Where can Plan B One-Step be purchased?

Plan B One-Step is available on the shelf without a prescription, ID or age requirement at all major retailers in the U.S., including CVS Health, Walgreens, Rite Aid, Walmart and Target. If a woman can't find Plan B One-Step in the aisle, she can also ask an on-site pharmacist if they have any additional boxes. This still does not require a prescription or ID.

A coupon and mobile rebate are available on www.PlanBOneStep.com.



For additional information call 1-800-330-1271 or visit www.PlanBOneStep.com.

Use as directed.

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