# Plan B One-Step® Fact Sheet

## AT A GLANCE:

**#1** OB/GYN recommended emergency contraception brand[1]

[1]Survey of 1001 OB/GYNs, June 2026

**NO ID NO RX** Find it yourself in the family planning aisle at all major retailers with **NO Rx** and **NO ID** required

Helps prevent pregnancy before it starts

## Plan B FAQs

### What is Plan B One-Step®?

Plan B is emergency contraception that helps prevent pregnancy before it starts when taken after unprotected sex or if your birth control falls through. It is a backup method and is not meant to be used as a regular form of birth control.

### How does Plan B work?

Plan B works by temporarily delaying ovulation. That is, it works by stopping the release of an egg from the ovary, so there is no egg to meet the sperm. No egg. No fertilization. No pregnancy. Plan B won't protect against HIV/AIDS or other sexually transmitted diseases (STDs).

### When should Plan B be taken?

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

### What is birth control failure?

Birth control failure includes, but is not limited to, forgetting to take your birth control pill, a condom breaking or falling off during sex, using an expired condom, or not using a condom at all.

### Plan B is NOT the abortion pill.

Plan B helps prevent pregnancy before it starts. It is not an abortion pill and will not be effective if a woman is already pregnant. Plan B will not harm an existing pregnancy.

### Can a woman continue to take her regular birth control after taking Plan B?

Yes! Plan B does not impact the effectiveness of any regular birth control methods. After taking Plan B, a woman can and should resume taking her regular birth control right away —or start one that works for her if she doesn't already have one.

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## Will Plan B impact a woman's ability to get pregnant in the future?

No! Plan B will not impact a woman's ability to get pregnant in the future.

## Is there a limit to how many times you can take Plan B One-Step in a year? ...in a lifetime?

Plan B emergency contraception should not be used as a regular method of birth control. However, if you have already used Plan B, it can be safely used again after another instance of unprotected sex or birth control failure. It will not impact a woman's future fertility.

Plan B doesn't provide long-term protection against future pregnancy—it works to help prevent pregnancy after only one act of unprotected sex or birth control failure.

## What are some possible side effects of Plan B?

Plan B is safe and effective. Some women may experience side effects from taking Plan B but they tend to be mild. Possible side effects include a period that's lighter, heavier, early, or late, nausea, lower abdominal pain/cramps, tiredness, headache, dizziness, breast tenderness or vomiting.

## I had another incident of unprotected sex the day after taking Plan B. Am I still covered?

Plan B only stays in your body for a short amount of time. It doesn't provide long-term protection against future pregnancy; when taken as directed it works to help prevent pregnancy after only one incident of unprotected sex. If you are sexually active, even occasionally, see your healthcare professional or visit a family planning center/clinic to find a regular method of birth control that suits you.

## Who can purchase Plan B?

Any person, regardless of gender or age can purchase Plan B. No prescription or ID is required, and there is no age restriction for purchase.

## Where can I buy Plan B?

Plan B is available for in-store shopping, same day delivery, curbside pickup, and standard shipping via major retailers in the US, including CVS, Walgreens, Rite Aid, Walmart and Target. Shopping in-store? You can find Plan B yourself in the family planning aisle—no prescription, no ID, no age requirement. You can find a retailer near you at **planbonestep.com**.

## Does Plan B expire?

Plan B typically has a shelf life of four years when stored as directed. Women should always check the expiration date on the outside of the box prior to taking Plan B.

Plan B One-Step®

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