

Gettysburg College Health Services

(717) 337-6970

Emergency Contraception Information and Purchase Form

Emergency contraception (*The Next Choice*) is available without a prescription at most drug stores. The Gettysburg College Health Service (GCHS) also provides students with the OPTION of purchasing *The Next Choice* without being seen by a GCHS healthcare provider. **This option is only available to student 17 years-of-age and older.** Students who are 16 years-of-age and younger must be seen by a health care practitioner in order to obtain *The Next Choice*.

Please read the information below, indicate your choice and sign and date the form.

- *The Next Choice* can be started immediately or up to five (5) days after sex if you think your regular birth control failed or you didn't use any birth control. *The Next Choice is more effective if taken right away or within 72 hours (3 days) after sex.*
- *The Next Choice* can be purchased in case you need it later. DO NOT use Plan B after the expiration date stamped on the box.
- *The Next Choice* is a "progestin-only" pill. Progestin-only pills are the most effective emergency contraceptive pill(s), reducing the risk of getting pregnant by 89%. There is no estrogen in *The Next Choice*.
- *The Next Choice* is NOT as effective as birth control that is used before or during sex (e.g. condoms, birth control pills). DO NOT use *The Next Choice* as your protection against pregnancy.
- *The Next Choice* DOES NOT protect you from sexually transmitted infections (STIs), including HIV/AIDS. It is important that you follow up with the GCHS (717) 337-6970 or your personal healthcare provider or gynecologist for evaluation.
- *The Next Choice*, like all regular hormonal contraceptives, may prevent pregnancy by delaying or inhibiting ovulation, inhibiting fertilization, or inhibiting implantation of a fertilized egg.
- *The Next Choice is absolutely contraindicated* if pregnancy is known.
- *The Next Choice* does not interrupt an established pregnancy. *Pregnancy is defined by medical authorities, such as the United States Food and Drug Administration, National Institutes of Health, and the American College of Obstetricians and Gynecologist, as beginning when the fertilized egg implants in the lining of the woman's uterus.*
- *The Next choice does not contain estrogen and may be given to women who have contraindications to the use of combination oral contraceptives. (i.e. smokers over the age of 35, diabetic with known vascular disease, clotting disorders, history of severe migraines, benign or malignant liver tumors.)*

- After taking *The Next Choice*, your next period should come within the next month, either on time or a week before or after you would normally expect it. If you don't get your period within a week after you expect it, consider getting a pregnancy test. (*Pregnancy test is available at the GCHS or local pharmacies*).
- If you bleed after taking *The Next Choice*, there is usually no reason to worry. It should go away by itself after you get your next period. Sometimes bleeding can be serious. Seek medical attention if you have other symptoms like abdominal pain or dizziness, if the bleeding lasts more than a few days, if it starts to get heavier, or if you're just worried that it might be something serious.
- A very small number of women who take *The Next Choice* experience side effects which include nausea, vomiting, abdominal pain, breast tenderness, headache, dizziness, and fatigue for just a few days after taking *The Next Choice*. Usually these symptoms resolve within 24 hours. If you vomit within 1 hour of taking a *The Next Choice* pill, you will need to take another pill and purchase another package of *The Next Choice* in case your body didn't have a chance to absorb all the hormones in the medication. Students taking *The Next Choice* with food have reduced the likelihood of this side effect.
- Alcohol does not make *The Next Choice* any less effective at preventing pregnancy after sex. But because alcohol can make it harder for anyone to make good decisions about sex, drinking too much could put you in a situation where you might be more likely to need emergency contraception.
- The cost of *The Next Choice* is \$20.00.
- If you decide to purchase *The Next Choice* and not make an appointment to be seen by a GCHS healthcare provider, we encourage you to consider scheduling an appointment with GCHS (717) 337-6970) or your personal healthcare provider for a women's health visit, STI screening, and counseling about use of a more effective, longer-termed contraceptive.
- Additional information concerning *The Next Choice*, other contraceptives and healthcare concerns can be obtained by logging onto the Gettysburg College Health Services website and clicking on *Health information links* in the index. The GCHS healthcare practitioners are available, by appointment, to provide for your sexual and women's health needs.

PLEASE SELECT ONE (1) OPTION:

"I have read the above information about The Next Choice and choose the following option."

___ **OPTION I:** I want to see a GCHS healthcare provider **before** deciding to take Plan B.

___ **OPTION II:** I **do not** want to be seen by a GCHS healthcare provider. I just want to purchase *The Next Choice*. I understand that I can contact GCHS at (717) 337-6970 to make an appointment to speak with a healthcare provider.

Print Name: _____ **ID#:** _____ **D.O.B.:** __/__/__

Signature: _____ **Date:** __/__/__ **Time:** __:__ a.m. / p.m.

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