

Gettysburg College Health Services

(717) 337-6970

Emergency Contraception Information and Purchase Form

Emergency contraception (*Plan B*) is available without a prescription at most drug stores. The Gettysburg College Health Service (GCHS) also provides students with the OPTION of purchasing *Plan B* 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 *Plan B*.

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

- *Plan B* 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. Plan B is more effective if taken right away or within 72 hours (3 days) after sex.
- *Plan B* can be purchased in case you need it later. DO NOT use *Plan B* after the expiration date stamped on the box.
- *Plan B* 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 *Plan B*.
- *Plan B* is NOT as effective as birth control that is used before or during sex (e.g. condoms, birth control pills). DO NOT use *Plan B* as your protection against pregnancy.
- *Plan B* 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.
- *Plan B*, like all regular hormonal contraceptives, may prevent pregnancy by delaying or inhibiting ovulation, inhibiting fertilization, or inhibiting implantation of a fertilized egg.
- *Plan B* 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.*
- After taking *Plan B*, 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 *Plan B*, 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.

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- A very small number of women who take *Plan B* experience side effects which include nausea, vomiting, abdominal pain, breast tenderness, headache, dizziness, and fatigue for just a few days after taking *Plan B*. Usually these symptoms resolve within 24 hours. If you vomit within 1 hour of taking a *Plan B* pill, you will need to take another pill and purchase another package of *Plan B* in case your body didn't have a chance to absorb all the hormones in the medication. Students taking *Plan B* with food have reduced the likelihood of this side effect.
- Alcohol does not make *Plan B* 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 Plan B is \$20.00.
- If you decide to purchase *Plan B* 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 *Plan B*, 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 *Plan B* and choose the following option."

OPTION 1: I want to see a GCHS health care practitioner **BEFORE** deciding to take Plan B.

OPTION 2: I **do not** want to be seen by a GCHS health care practitioner. I just want to purchase Plan B. I understand that I can contact GCHS at (717) 337-6970 to make an appointment to speak with a health care provider.

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

Signature: _____ **Date:** ___/___/___ **Time:** __:___ am / pm