



Plan B

What is it?

- ❖ Plan B is an emergency contraceptive that can prevent pregnancy if taken within 72 hours of exposure to unprotected sex or contraceptive failure
- ❖ Plan B contains the active ingredient, Levonorgestrel, which interferes with the process of ovulation
- ❖ Plan B does **NOT** prevent HIV/AIDS or other sexually transmitted infections
- ❖ When taken as directed, Plan B reduces your risk of pregnancy by up to 89%

How do I get Plan B in New York City?

- ❖ Women and men aged 18 and older can purchase Plan B at NYC pharmacies without a prescription
- ❖ The NYC Health Department offers free Plan B at its clinics throughout the city's five boroughs to all women, including those under the age of 18

What is the price of Plan B in NYC?

- ❖ Based on a survey conducted by NOW-NYC's Reproductive Rights Action Committee, the average cost of Plan B in NYC pharmacies is \$41.84
- ❖ Medicaid covers Plan B
 - If you are 18+, you can use your Medicaid card to purchase Plan B over the counter.
 - If you are 17 or younger, Medicaid will pay if you have a prescription for Plan B.

Getting past the myths about Plan B:

- ❖ **Myth 1 – Plan B is the same as the Abortion Pill**
 - False. Plan B and RU-486, or the "abortion pill," are not the same. Plan B prevents pregnancy, while the abortion pill terminates a pregnancy. Plan B is a concentrated dose of the hormone found in regular birth-control pills and cannot interrupt an existing pregnancy.
- ❖ **Myth 2 – Plan B is bad for you**
 - False. The Food and Drug Administration has approved Plan B as a safe and effective method for pregnancy prevention after exposure to unprotected sex or contraception failure.
- ❖ **Myth 3 – Plan B has to be taken the morning after sex**
 - False. Plan B can be effective up to 72 hours after unprotected sex.
- ❖ **Myth 4 – Plan B is not effective**
 - False. When taken correctly within 72 hours of unprotected sex, Plan B reduces your risk of pregnancy by up to 89%
- ❖ **Myth 5 – Plan B can harm an existing pregnancy**
 - False. There is no evidence that Plan B will harm an existing pregnancy. Plan B will not work if you are already pregnant.

Additional resources

- ❖ New York City Department of Health and Mental Hygiene:
www.nyc.gov/html/doh/html/pr2006/pr105-06.shtml
- ❖ www.go2planB.com
- ❖ www.go2ec.com
- ❖ www.not-2-late.com