



Morning After Contraception

A blessing for those that forgot proper contraception in the "heat of the moment"! Combination oral contraceptives work very well (98% effective) if taken within 72 hours of unprotected intercourse - take note however that the progestin only pills must be taken within 48 hours to be as effective!

Side Effects

The biggest side effects are generally nausea and vomiting. If vomiting occurs within 1 hour of taking the dose, it must be repeated. Other less common side effects are headache, breast tenderness, dizziness, fluid retention, and menstrual irregularities.

Rarely serious side effects like severe leg, chest, or abdominal pain may occur. Severe headaches, and visual disturbances may also be serious. Any of these should be reported to your doctor immediately!

Combination Oral Contraceptives - taken within 72 hours of unprotected intercourse

Plan B - 1 tab, repeat 1 tab in 12 hours.

Preven - 2 tabs, repeat in 12 hours

Ovral - 2 white tablets at once, repeat 2 more 12 hours later.

Lo-Ovral - 4 white tablets at once, repeat 4 more 12 hours later.

Triphasil / TriLevlen - 4 yellow tabs at once, repeat 4 more in 12 hours.

Alternative - Progestin Only Pills - taken within 48 hours of unprotected intercourse

Micronor/Ovrette - 20 (twenty) tabs at once , repeat 20 tablets in 12 hours.