

Family Planning Association of Chelan-Douglas County

CONSENT FOR EMERGENCY CONTRACEPTION PILLS

Emergency contraception (EC) is the only birth control method designed to be used after sex. When no other birth control method is used, when condoms break, when a rape occurs, or when birth control pills are skipped, EC could be used after unprotected sex. EC contains only one hormone - progestin – in a higher dose than other birth control pills. EC usually works by stopping or delaying the release of an egg from the woman's ovary. Sperm cannot get to an egg in that case. It may sometimes work by keeping an egg from growing inside the uterus.

EC can be taken up to 5 days after unprotected sex. But, every hour counts! The sooner it is taken the more effective it is. Using EC greatly reduces the chances of pregnancy. EC is not 100% effective in preventing pregnancy.

I have been asked to read the package fact sheet that comes with EC pills. The sheet gives details about how EC works, how well it works, its benefits, common side effects, and risks. Details of correct use have been explained to me. I have a plan as to how to use it.

I have been told of the actions, benefits, effectiveness, correct use, common minor side effects, risks, and alternatives to using this method, including not having sex or using no method.

I understand EC is not as effective as other birth control methods that are used on a daily basis. If I stop using my birth control method and do not want to be pregnant, I should call the clinic to get help with another birth control method.

My period may not come on schedule after using EC. If my period is 10 or more days late, I should return to the clinic for a pregnancy test.

EC is very safe to use. Serious side effects have not been reported. There has never been a death reported as a result of using EC. Some women have had nausea, headache, tiredness, or abdominal discomfort after taking EC. I have been told to contact a doctor or nurse at a clinic if I have severe discomfort after taking EC. If I am already pregnant, EC will have no effect on the pregnancy.

I understand EC does not protect me from HIV or other sexually transmitted diseases (STD). Latex condoms, when used the right way every time, may protect me from HIV, the virus that causes AIDS. Correct use of latex condoms can also reduce the risk of other sexually transmitted diseases (STD).

I have had the chance to ask questions and have them answered during my clinic visit. I know how to contact a nurse or doctor at the clinic if I have questions. I have been given an after-hours phone number for emergency use.

I am receiving Emergency Contraception at my own request today. I made this choice after getting facts about EC and other birth control methods. I have been told that if I am at least 18 years old, I can purchase PlanB (a brand of EC) at a pharmacy or at the clinic without the requirement of a prescription.

My brand of emergency contraception is PLAN B

- I have received the package fact sheet for Plan B
- I have received basic instructions on how to use Plan B as well as a fact sheet and other advice in writing.
- I know I have to return to the clinic _____

Client's Signature: _____ Date: _____

Nurse/Provider Signature: _____ Date: _____

