

Learn the Facts: Top 5 Myths about Plan B®



NARAL
Pro-Choice America Foundation



Now that Plan B® is available over the counter for adults 18 and older, it is more important than ever that you know the facts.* Below are the top five myths about Plan B®. Empower yourself. Learn the facts today!

Myth #1: Plan B® is the same as the abortion pill (RU 486, Mifeprex®).

Plan B® and the abortion pill are not the same. Plan B® *prevents* pregnancy after sex 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 dangerous.

The Food and Drug Administration (FDA) has approved Plan B® as safe and effective for pregnancy prevention after sex. The product is so safe and easy to use that the FDA has approved its availability without a prescription for adults 18 and older.

Myth #3: Plan B® has to be taken the morning after sex.

The FDA-approved label for Plan B® indicates that it can be effective up to 72 hours after sex. However, Plan B® is most effective if taken within 24 hours after sex. That is why it is often called the “morning-after” pill.

Myth #4: Plan B® is not effective.

Plan B® is very effective at preventing pregnancy. Independent studies confirm that Plan B® can substantially reduce a woman's chance of becoming pregnant. However, Plan B® is a back-up birth control method and is not as consistently effective as other types of birth control, like the birth-control pill. Plan B® should be used as a back up birth control method.

Myth #5: Plan B® will harm a pregnancy.

There is no evidence that Plan B® harms an existing pregnancy. You should not take Plan B® if you know you are pregnant because it will not work.

Now that you know the facts, it's time to act!

Join NARAL Pro-Choice America in the fight to get national pharmacy chains to institute written, public, corporate policies to stock Plan B® in all of their pharmacies. Find out more at www.ProChoiceAmerica.org/PlanB.

* Nine states (Alaska, California, Hawaii, Maine, Massachusetts, New Hampshire, New Mexico, Vermont, and Washington) have laws in place that allow specially trained pharmacists to dispense Plan B® to women without a prescription regardless of a woman's age. If you live in one of these states, ask your pharmacist for more information.