**Emergency Contraception For All Students (EC)**

Emergency Contraception is available by nursing appointment for a fee in the student health center regardless of insurance coverage. The most commonly known medication is Plan B. At the Student Health Center we carry a generic equivalent. It is also available at any pharmacy without a prescription to those 17 years and older. It is to be taken as soon as possible within 72 hours of unprotected sex or birth control failure. Call the appointment desk at 209-228-2273 to schedule a nursing appointment.

**What are the directions for taking Plan B or its generic?**

The patient should take one tablet as soon as possible within 72 hours after unprotected sex. It can be used up to five days after unprotected sex or birth control failure, but becomes less effective after 72 hours.

**Are there any side effects after taking Plan B or its generic?**

Side effects are minimal with Plan B or its generic. Some patients may experience mild nausea and some people get temporary breast tenderness until their next menstrual cycle. Also, Plan B or its generic will often change the timing for menstruation.

**How effective is Plan B or its generic?**

Plan B or its generic is effective approximately 90 percent of the time when used within 72 hours. It is not 100 percent effective. It is more effective the sooner it is used. Contraception must be used consistently at all times to prevent pregnancy. If you use Plan B or its generic, and if you do not begin menstruation within three weeks, then you need to perform a pregnancy test.

**What about payment for Plan B or its generic?**

There is a [fee](https://health.ucmerced.edu/payments) for Plan B or its generic equivalent if you are not covered by UCShip. Fees must be paid online prior to your appointment and a copy of the receipt must be brought to the appointment. Call the appointment desk at 209-228-2273with questions about appointments and payment options.

**Can I get EC at a local pharmacy or Planned Parenthood?**

Yes. Emergency contraception is now available without a prescription to those 17 years and older at any local pharmacy or at the [local Planned Parenthood](http://www.plannedparenthood.org/health-center/california/merced/95348/merced-health-center-2526-90130#!emergency-contraception).

**Are there any requirements?**

Plan B or its generic is kept behind the counter in the pharmacy.

**Who can buy it?**

Both women and men 17 and older can purchase EC without a prescription. EC is also available by prescription to students under 17.

**Are there any restrictions on getting it often or getting more than one at a time?**

There are no other restrictions. Students can get more than one at a time and can get it as often as they like.