

Emergency Contraception

It's Called **Plan B** for a Reason



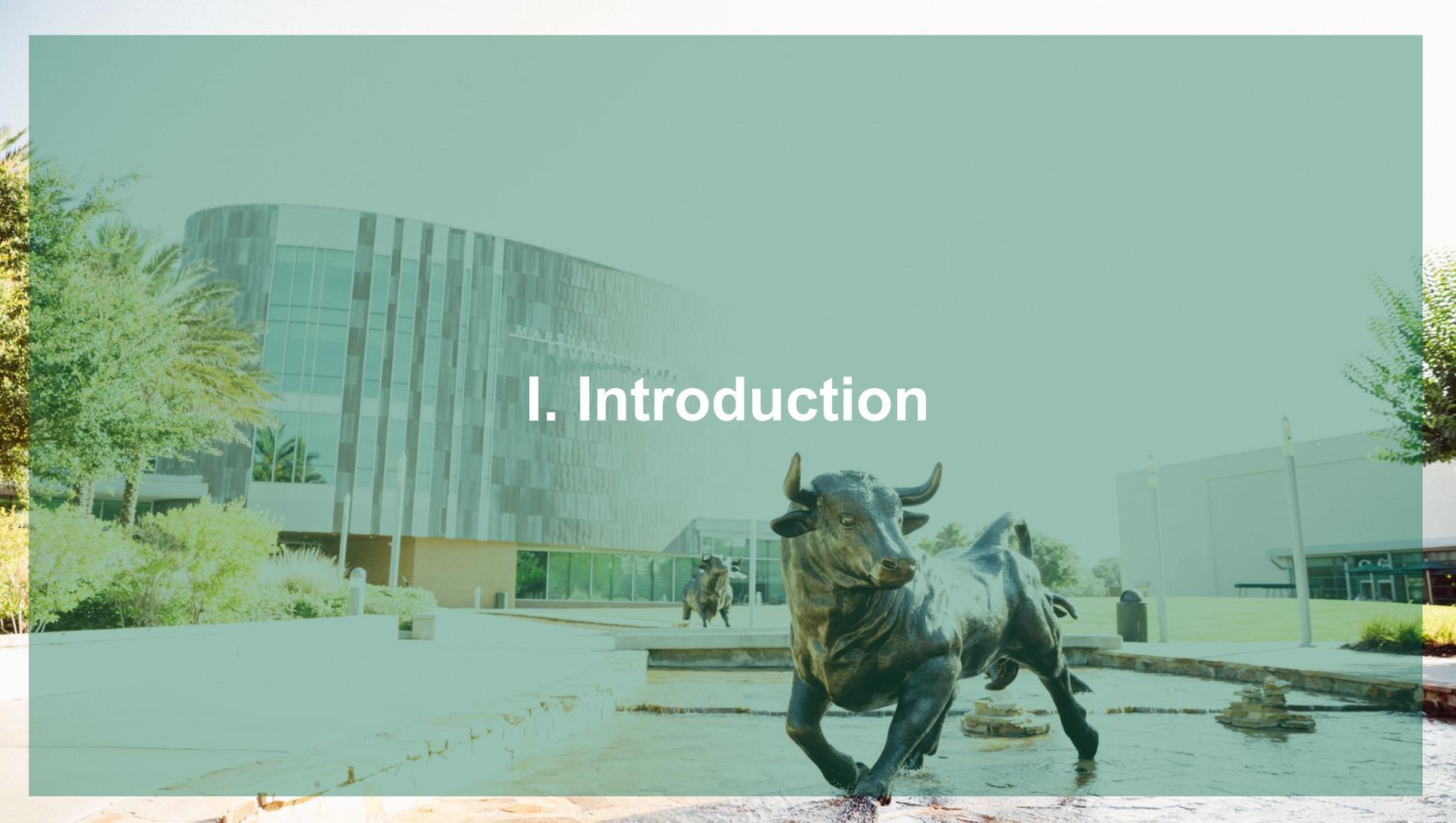
Dr. Cameron Nereim, MD | March 21, 2024

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A photograph of the Marshall University Student Center, a modern building with a curved facade and large glass windows. The building is partially obscured by a semi-transparent teal overlay. In the foreground, two large bronze bull statues are positioned in a shallow pool of water. One bull is in the foreground, facing left, and another is further back, also facing left. The sky is clear and blue. The text "I. Introduction" is centered over the image in white.

I. Introduction

About Me...

- What is an Adolescent & Young Adult Medicine specialist?



A Cautionary Tale...

- A 15-year-old African-American female presents to the Adolescent Medicine clinic for a Well Adolescent Check
- Just before stepping out for the confidential portion of our visit, mom blurted out, “Please ask her if she needs to be tested...”



II. Background



What is Emergency Contraception (EC)?

- Emergency contraception (or birth control) is any method that is used to prevent pregnancy for individuals who have had unprotected sex – either because they did not use a birth control, they missed a birth control pill, their method of birth control failed, or they were sexually assaulted

What is EC not?

- Important to remember that –

EMERGENCY CONTRACEPTION IS NOT ABORTION

- Emergency contraception, such as the ‘morning-after pill’, does not end a pregnancy that has implanted. Instead, these methods work primarily by delaying or preventing ovulation.
- Emergency contraception is not the same as mifepristone (Mifeprex), aka RU-486 or “the abortion pill”

What EC options are available?

Types of EC	When can I use EC?	How do I get EC?	What about next time?
 Over-the-counter EC pills	<p>ASAP works best within 3 days but may work up to 5 days</p> <p>May be less effective over 165 pounds.</p>	<p>No prescription needed</p> <p>Find it at a pharmacy, clinic, or online.</p>	<p>Take it every time you need EC</p> <p>You can get extra EC for next time.</p>
 Prescription EC pills	<p>ASAP but can work up to 5 days</p> <p>Most effective EC pill. May be less effective over 195 pounds.</p>	<p>Need a prescription</p> <p>Talk to a health care provider online or in person.</p>	<p>Take it every time you need EC</p> <p>Ask about a refill so you can have it for next time.</p>
 IUDs	<p>Anytime up to 5 days</p> <p>Nearly 100% effective for any weight.</p>	<p>Visit a health care provider to have an IUD placed</p> <p>Say it's for EC so you are scheduled quickly.</p>	<p>Keeps working as birth control</p> <p>You can have it removed at any time.</p>

How does EC work?

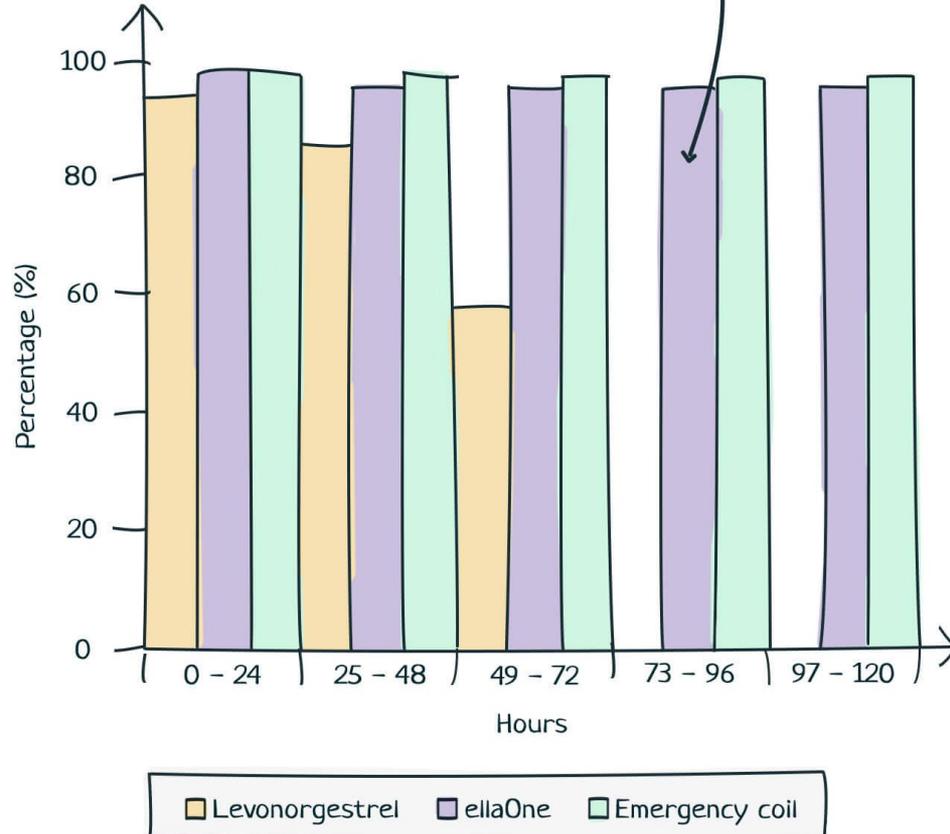
- Each form of emergency contraception works differently in preventing pregnancy:
 - The copper IUD (Paraguard) stops sperm from reaching and fertilizing an egg. It also changes the lining of your uterus (womb), so a fertilized egg won't stay in it to start a pregnancy.
 - The emergency contraceptive pill prevents or delays the ovaries releasing an egg. If you have unprotected sex again you may need another dose.

Emergency contraception

How effective is it?

How effective is EC?

- Levonorgestrel is thought to prevent:
 - up to 95% of pregnancies if taken within 24 hrs
 - up to 85% if taken within 25-48 hrs
 - up to 58% if taken within 49-72 hrs
- A 2017 review estimated that 98-99% of women who take Ella after unprotected sex will not become pregnant.
- It is estimated that 97.4-99.4% of women will not become pregnant after taking Levonorgestrel (Plan B).



What are the Risks of EC?

- Emergency contraception is an effective option for preventing pregnancy after unprotected sex, but it isn't as effective as other methods of contraception and isn't recommended for routine use
- Also, the morning-after pill can fail even with correct use, and it offers no protection against sexually transmitted infections

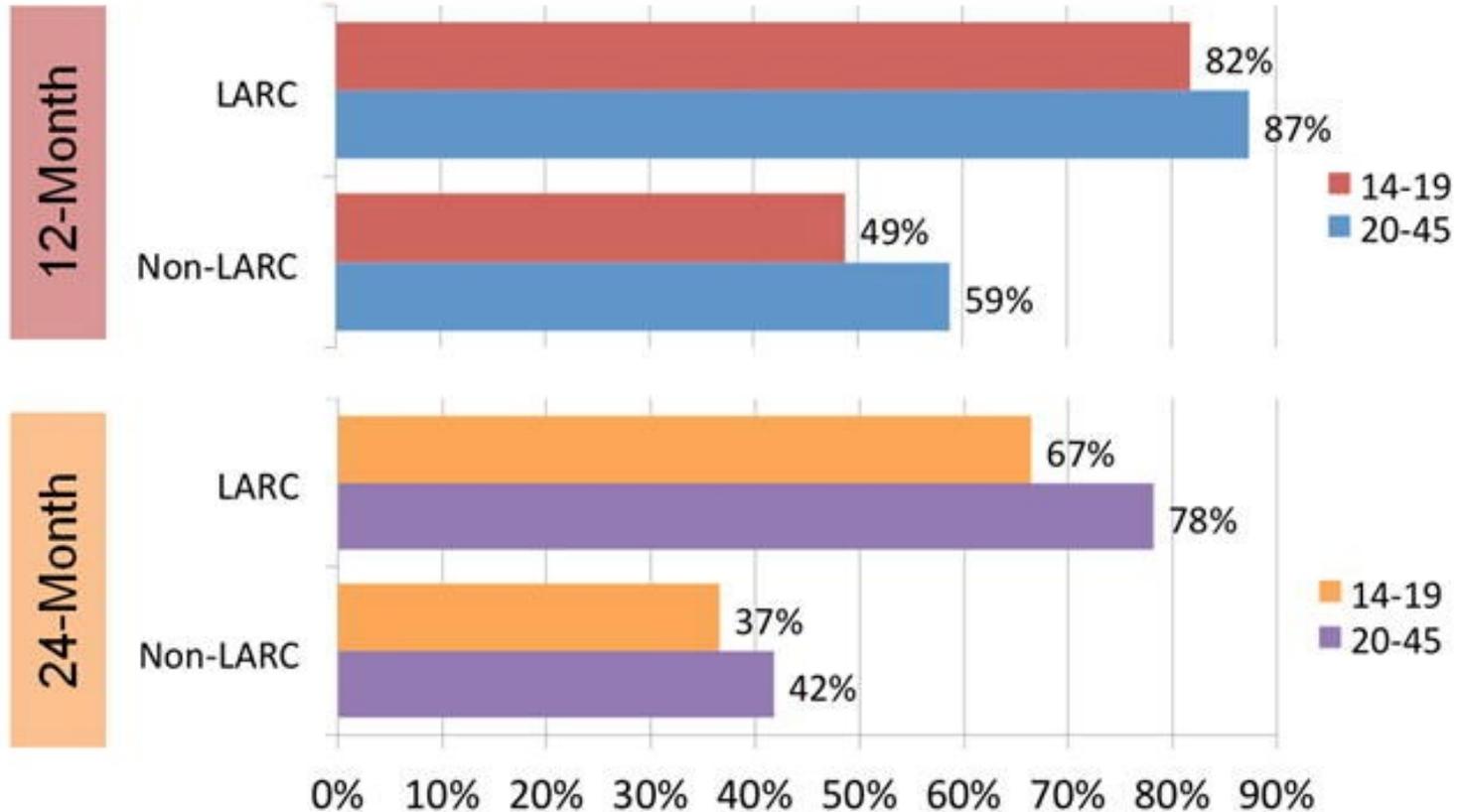
Any other Risks?

- Side effects of the morning-after pill, which typically last only a few days, might include:
 - Nausea or vomiting
 - Dizziness
 - Fatigue
 - Headache
 - Breast tenderness
 - Bleeding between periods or heavier menstrual bleeding
 - Lower abdominal pain or cramps

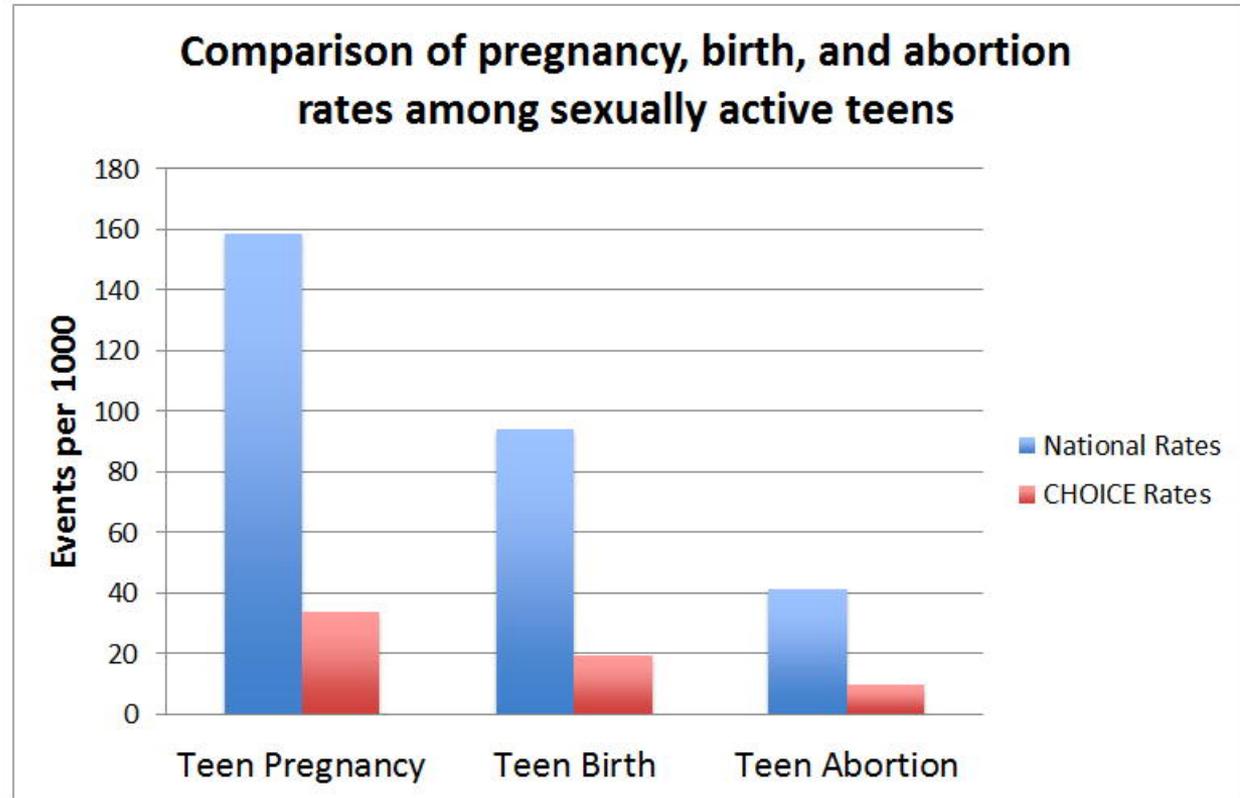
What are the Alternatives?

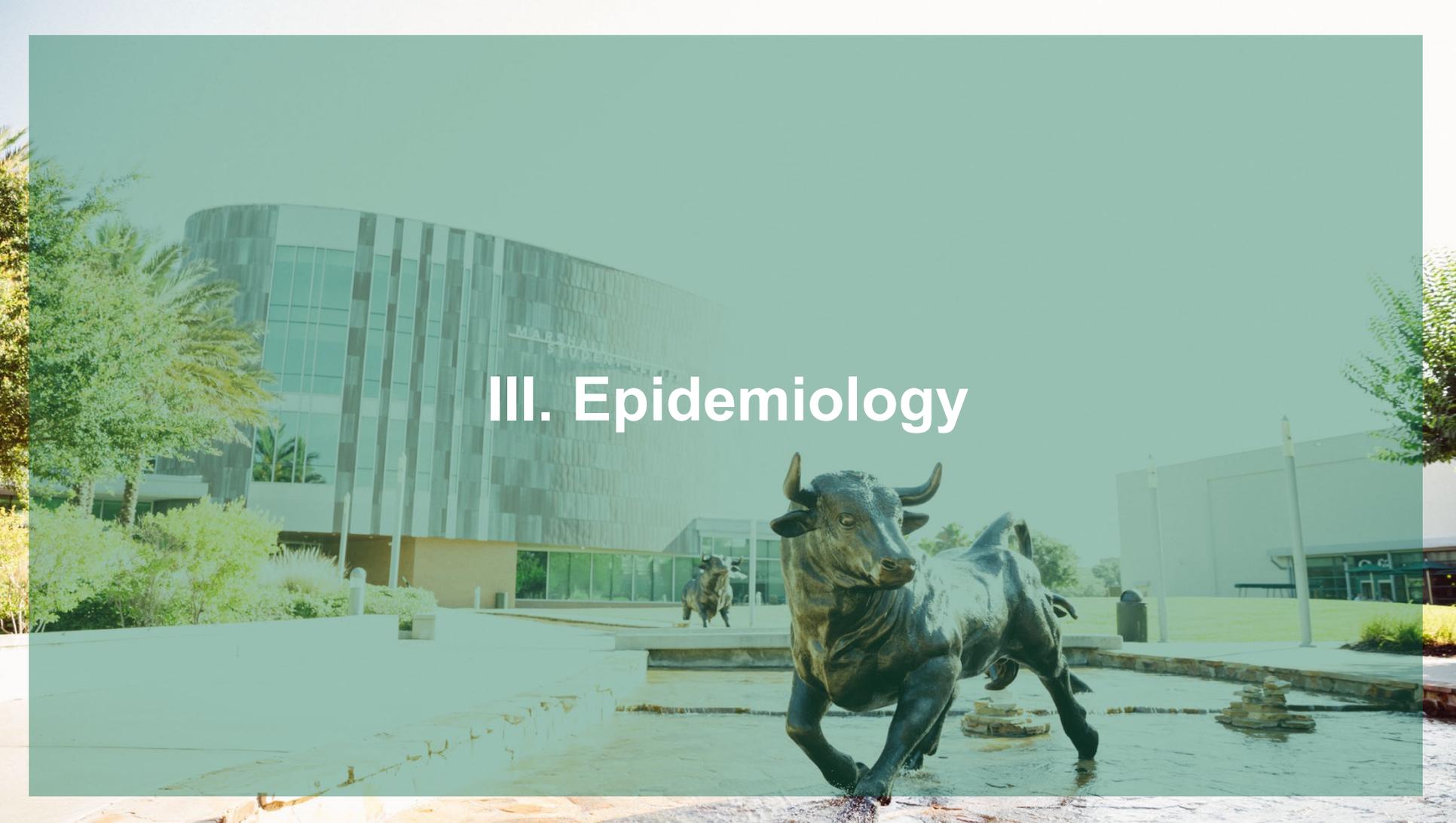


The CHOICE Project



The CHOICE Project



The image shows a large, modern building with a curved facade and many windows. The text "MARSHALL UNIVERSITY STUDENT CENTER" is visible on the building. In the foreground, there is a large bronze sculpture of a bull running through water. Another smaller bull sculpture is visible in the background. The scene is set outdoors with trees and a clear sky.

III. Epidemiology

Youth Risk Behavior Survey (YRBS) Data

The Percentage of High School Students Who:*	2011 Total	2013 Total	2015 Total	2017 Total	2019 Total	2021 Total	Trend
Ever had sex	47	47	41	40	38	30	
Had four or more lifetime sexual partners	15	15	11	10	9	6	
Were currently sexually active	34	34	30	29	27	21	
Used a condom during last sexual intercourse†	60	59	57	54	54	52	
Used effective hormonal birth control†,‡	–	–	–	–	–	33	–
Used a condom and effective hormonal birth control (dual use)†,‡	–	–	–	–	–	10	–
Were ever tested for HIV	13	13	10	9	9	6	
Were tested for STDs during the past year§	–	–	–	–	9	5	

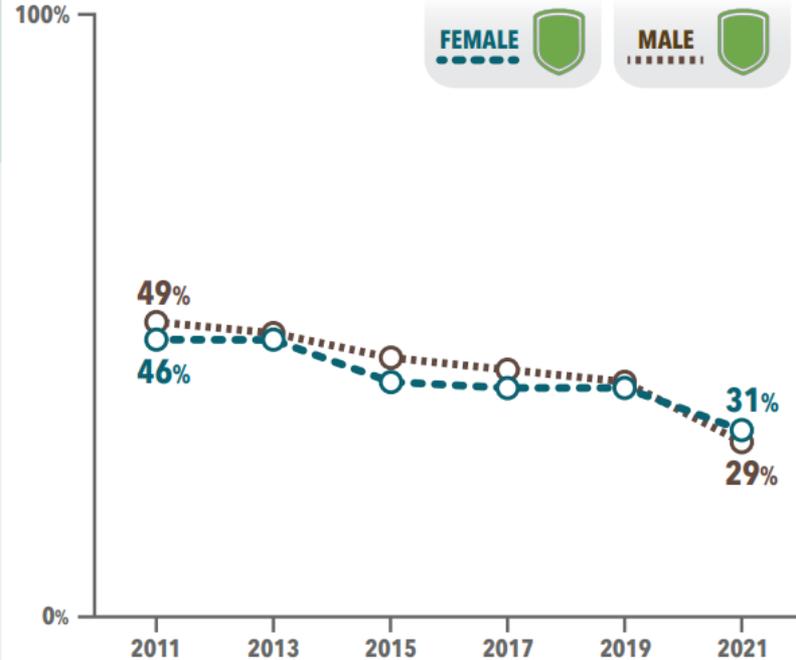
YRBS Data

Trends in the Percentage of High School Students Who

Had Ever Had Sex, United States, YRBS, 2011-2021

10-Year Trend Description by Sex

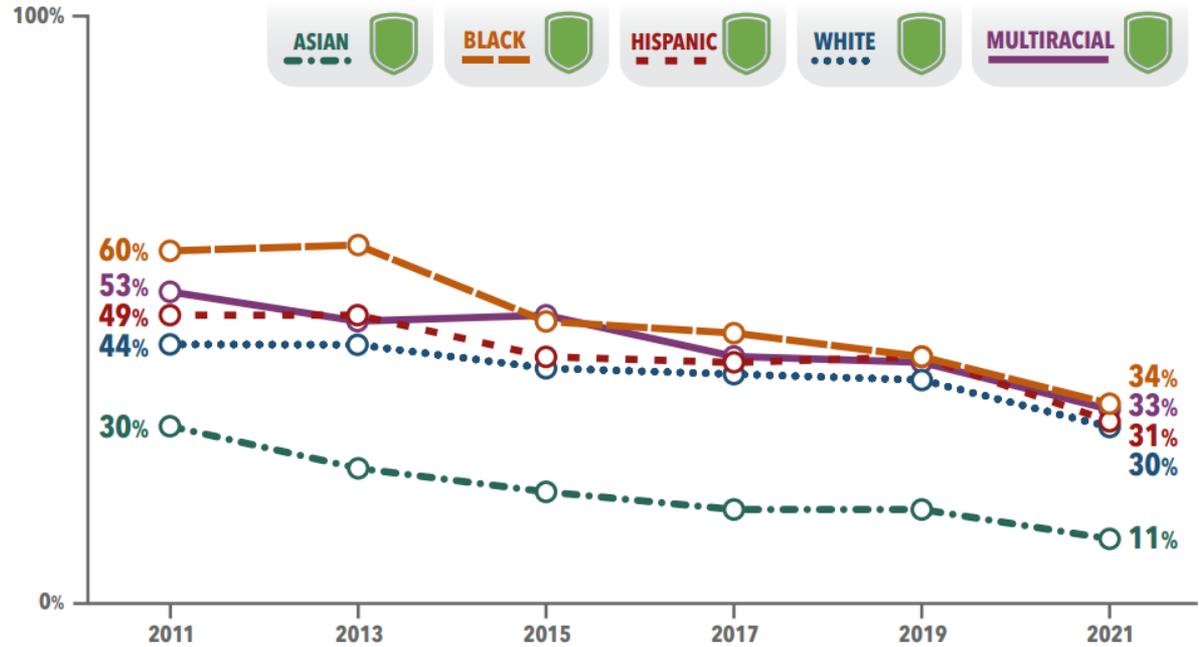
The percentage of female and male students who had ever had sex decreased from 2011 to 2021.



YRBS Data

10-Year Trend Description by Race & Ethnicity

The percentage of students from each racial and ethnic group who had ever had sex decreased from 2011 to 2021.



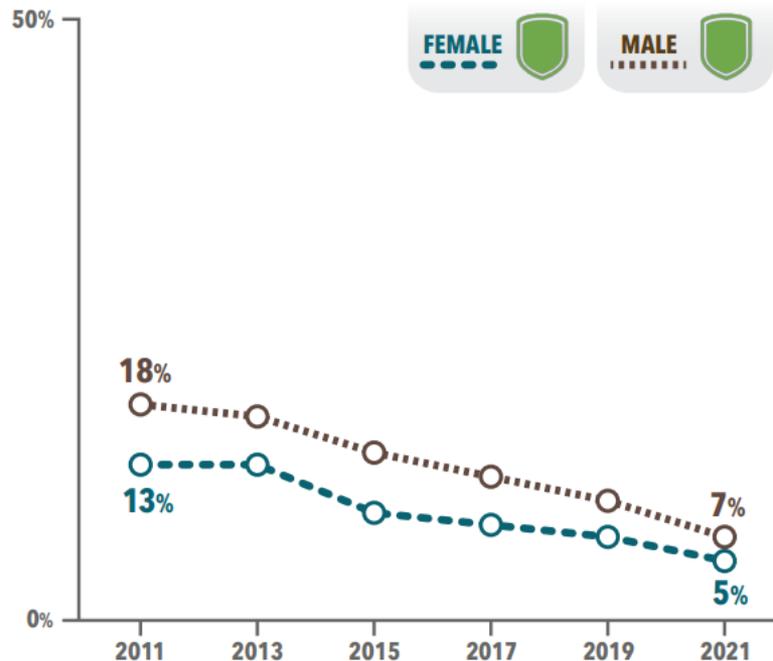
YRBS Data

Trends in the Percentage of High School Students Who

Had Sex With Four or More Partners during Their Life, United States, YRBS, 2011-2021

10-Year Trend Description by Sex

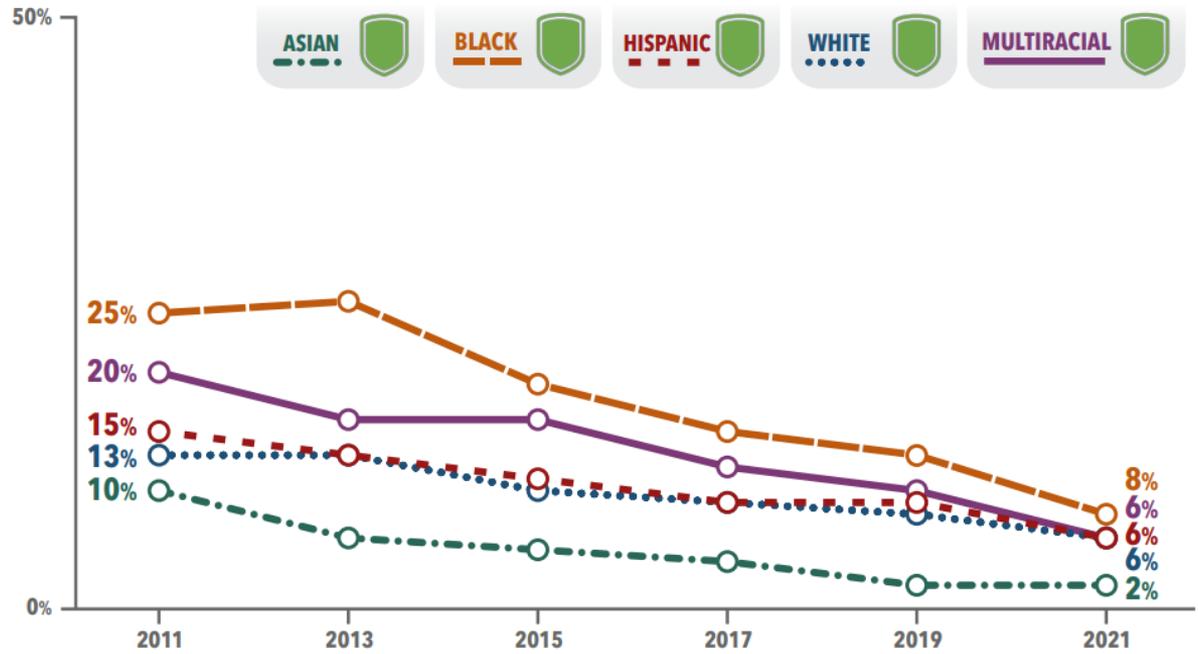
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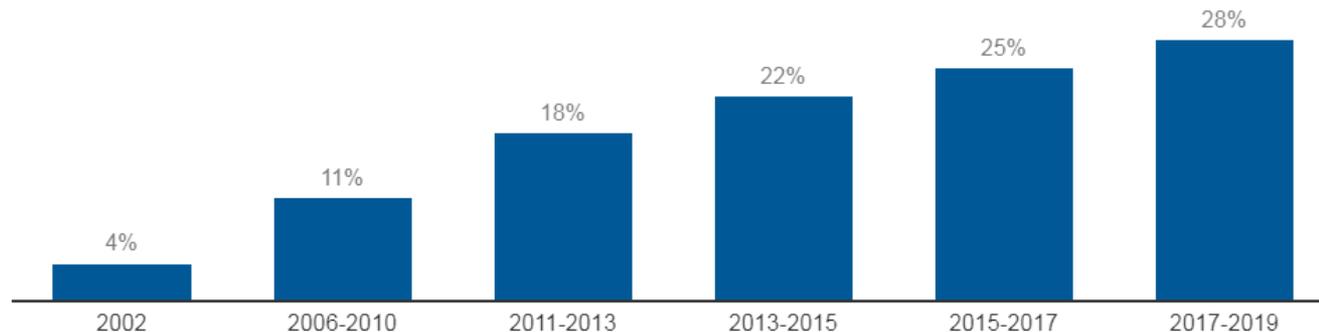


How is EC being used?

Figure 1

Use of Emergency Contraception Pills Has Increased Over the Past Two Decades

Share of reproductive-age women who reported ever using EC pills



NOTE: Among females ages 15-44 who have ever had sex with a male
SOURCE: KFF analysis of National Survey of Family Growth, 2002-2019 • [PNG](#)

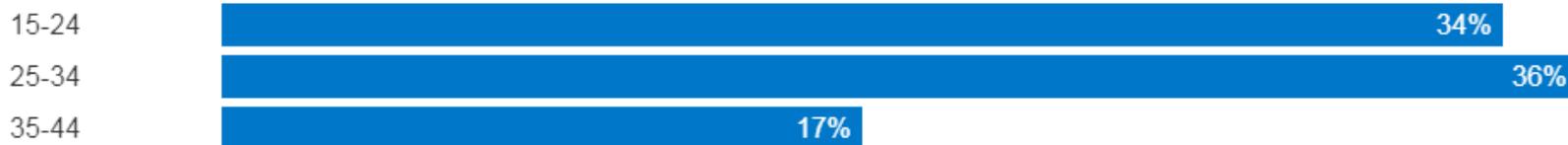
How is EC being used?

Figure 2

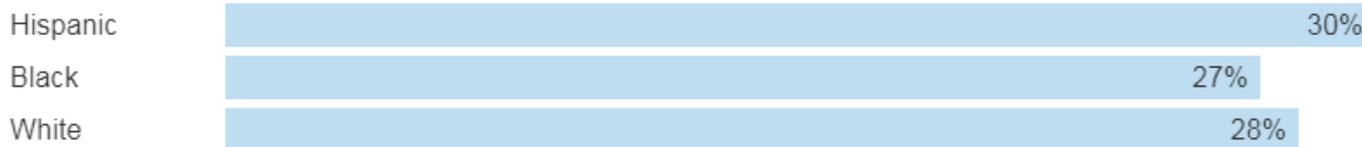
Use of Emergency Contraception Pills, by Age and Race/Ethnicity

Share of reproductive-age women who reported ever using EC pills, 2017-2019

Age Group



Race/Ethnicity



NOTE: Among females ages 15-44 who have ever had sex with a male

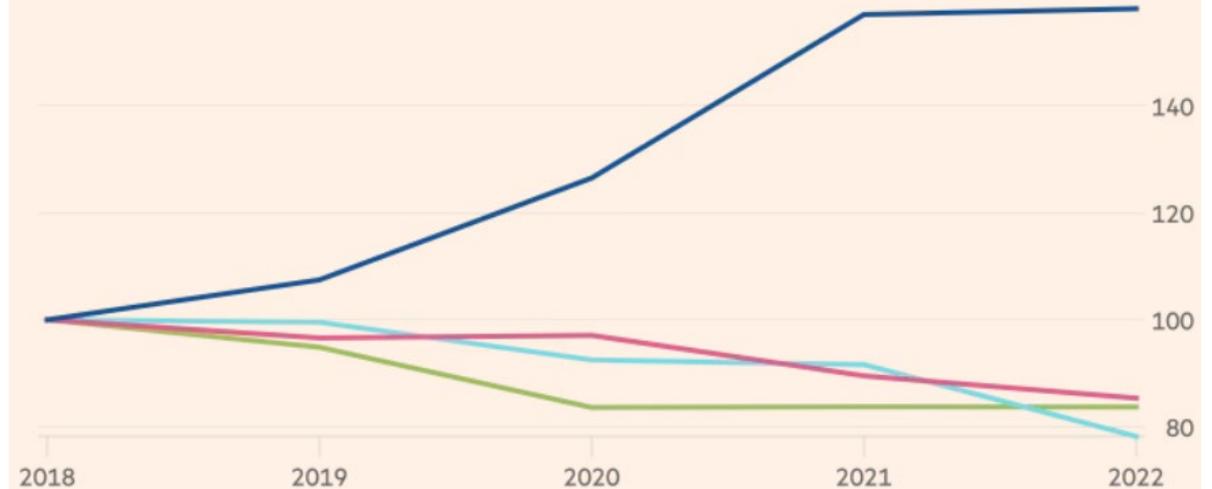
SOURCE: KFF analysis of National Survey of Family Growth, 2017-2019 • [PNG](#)

Recent Trends in EC Use

Use of emergency contraceptives surges in US

Changes in rates of contraception usage by year (rebased, 2018 = 100)

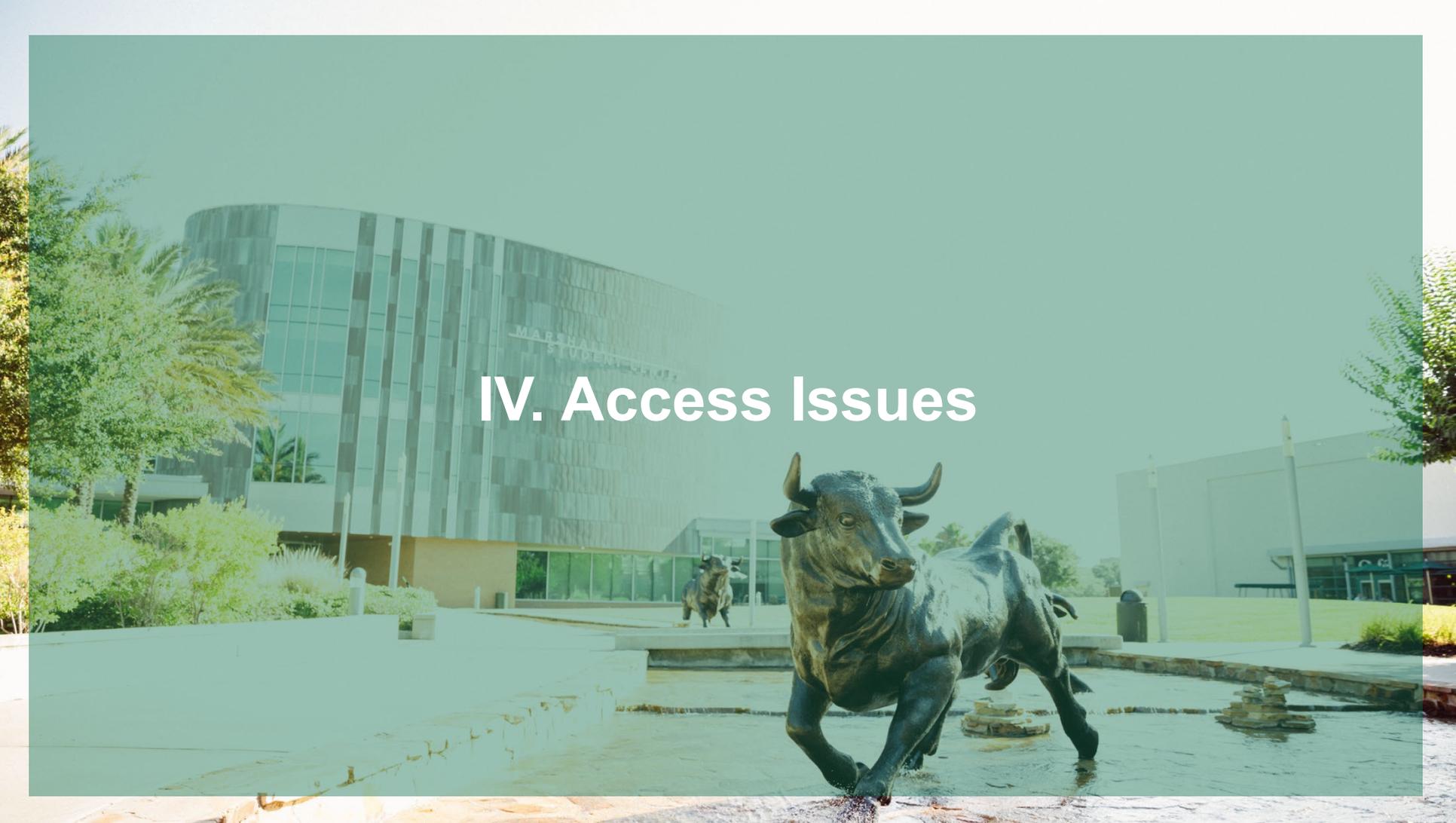
— Emergency contraception — Oral pill — Long-acting reversible contraception (IUD)
— Condoms



Oral pill and LARC data based on medical/pharmacy claims; emergency contraception and condom data based on retail sales

Sources: Symphony Health, IRI

© FT

The image shows the Marshall University Student Center, a large, modern building with a curved facade and extensive glass windows. The building is partially obscured by a semi-transparent teal overlay. In the foreground, the iconic Marshall University Bull statue is depicted in a dynamic, running pose, splashing water in a fountain. Another smaller bull statue is visible in the background near the building's entrance. The scene is set outdoors with greenery and a clear sky.

IV. Access Issues

The Affordable Care Act

Covered contraceptive methods

- FDA-approved contraceptive methods prescribed by a woman's doctor are covered, including:
 - Barrier methods, like diaphragms and sponges
 - Hormonal methods, like birth control pills and vaginal rings
 - Implanted devices, like intrauterine devices (IUDs)
 - **Emergency contraception, like Plan B® and ella®**
 - Sterilization procedures
 - Patient education and counseling

The Affordable Care Act

- Emergency contraception is one of the 18 FDA-approved methods for women that is **covered by ACA-compliant plans**, but it has to be prescribed by a health care provider for most insurance plans to cover it
- Without a Rx, you will likely have to pay the full cost out-of-pocket
- However, you can ask your provider for a Rx for OTC emergency contraception, bring it to the pharmacy counter, and ask them to bill your insurance; insurance should cover it without cost sharing...

The Affordable Care Act

- However, some plans in effect on or before March 23, 2010 were “grandfathered” in – not required to cover preventive services or may require cost sharing
- If enrolled in an employer-sponsored plan and the employer has a religious or moral objection to contraceptives, plan may not cover emergency contraception (even with a prescription)
- Also true for short-term health insurance policies and health care sharing ministries, which are membership groups usually affiliated with a religion that help members pay for health care

The Affordable Care Act

- If you are enrolled in an employer-sponsored plan and the employer has a religious or moral objection to contraceptives, your plan may not cover emergency contraception even with a prescription.
- Short-term health insurance policies do not have to provide benefits required by the ACA and may not cover preventive services
- Health care sharing ministries, which are membership groups usually affiliated with a religion that help members pay for health care (not insurance), are also not subject to ACA benefit requirements

Cost

- For those without insurance, the cost of emergency contraception can vary depending on the type you use, the brand and where you buy it from
- The emergency contraception pill costs between \$15 and \$50 depending on the type and brand (some pharmacies are cheaper than others). The copper IUD may cost around \$70 to \$120.
- If you have a copper IUD inserted or see a doctor for emergency contraceptive pills, you may also need to cover the cost of a medical appointment. These costs may vary between clinics...

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- ★★★☆☆ & Up
- ★★☆☆☆ & Up

Brands

- Plan B
- TAKE ACTION!

Results

Price and other details may vary based on product size and color.



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My Way Emergency Contraceptive 1 Tablet Compare to Plan B One-Step by Busuna

1 Count (Pack of 1)

★★★★★ > 2,994



Ohm My Choice Emergency Contraceptive 1 Tablet (Levonorgestrel Tablet 1.5mg)

1 Count (Pack of 1)

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Compare to Plan B | Emergency Contraceptive | Morning After Pill, 1 Tablet

1 Count (Pack of 1)

★★★★★ > 10,973



Plan B One-Step Emergency Contraceptive, 1.5 Mg (1 Tablet)

1 Count (Pack of 1)

★★★★★ > 5,653



Plan B ONE Step Emergency Contraceptive

1 Count (Pack of 1)

★★★★★ > 116

• On Amazon.com, cost may range from \$5.99 to \$29.88

Pharmacy Availability?

V. The Adolescent Brain



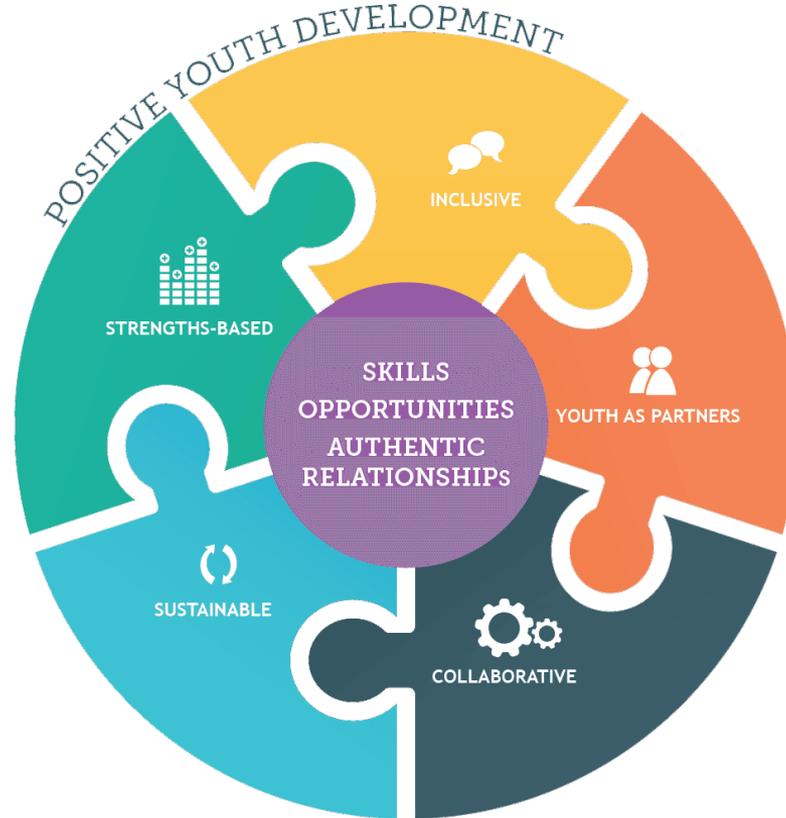
Adolescent Brain Development

- Related to still-developing brain structures (through no fault of their own), adolescents may behave impulsively and tend to think more concretely
- This makes it harder to think through the consequences of their actions – more difficulty with planning and organizing (so-called executive functions)
- Brain continues to develop well into the mid- to late 20's

As an aside...

- Cannot emphasize enough the importance of:
 - Early access to high quality nutrition and educational opportunities
 - Avoidance of substances during the teenage years...

Positive Youth Development



**Happy to take
any questions!**



