

Is this going to make it harder to get Plan B?

No. Plan B is a medication called Emergency Contraception (EC). Plan B stops ovulation, so there's no egg for sperm to attach to. It also changes the lining of the uterus so any fertilized egg should not be able to attach.

Plan B is one of three methods of emergency contraception, and should be taken as close to unprotected sex as possible. It is most effective within 72 hours (3 days) of unprotected sex, but can be effective up to 120 hours (5 days) after. You can walk into pharmacies (and Planned Parenthood clinics) everywhere and ask for the pill; it is widely available and does not need a prescription. Plan B is less effective for people who are over 155 pounds.

What about emergency contraception options for people who are more than 155 pounds?

There are two other options for Emergency Contraception for those who are over 155 pounds.

The first option is called ella, and it is available by prescription only. It is effective for 120 hours (5 days) after unprotected sex, and is equally as effective if you take it one hour after, or the full 120 hours after. It is effective for people who are up to 195 pounds, or is also an option for those who are outside the more solid 72 hour window of Plan B.

The second option for Emergency Contraception for those who are over 155 pounds is having a copper IUD inserted. Like ella, it is effective for 120 hours after unprotected sex, and equally as effective at any time in that 120 hours. It is effective for those who are over 195 pounds, and has the added benefit of being a highly effective method of birth control for up to 12 years after insertion. This also, based on the nature of the procedure, needs to be done with an office visit at a medical provider.

For additional information on Emergency Contraception, please visit [this page](#) from Planned Parenthood.

What medications are we talking about for an abortion? How far in a pregnancy does a medication abortion work?

A medication abortion is two parts. There is a dose of mifepristone, and then 24-48 hours later there is a dose of misoprostol. Mifepristone stops the progression of a pregnancy, and misoprostol empties the contents of the uterus.

Length of a pregnancy is calculated based on the first day of a last period. If you or anyone you know is unclear about exactly how far along they are, [this](#)

[calculator](#) has a place for someone to put in the date of their last menstrual period (LMP) and it will give them an estimate of how far along they are to help them decide on their options.

A medication abortion is effective at up to 77 days gestation, or 11 weeks. An in-clinic procedure needs to be scheduled at 78 days or more. Additional information about the abortion pill can be found [here](#).

I heard something about the FDA reclassifying abortion medication. What does that mean?

Abortion medication is scheduled by the FDA in the same way that opioids and other medications that require intense medical supervision are scheduled. FDA rules have been relaxing and allowing abortion pills to be mailed to patients and patients to take them unsupervised in their home, and abortion access activists are making the point that these drugs need to be rescheduled to increase their availability.

What is a self managed abortion? How do you do that?

A self managed abortion is exactly what it sounds like, an abortion where you are in the driver's seat for part or all of the process. Medication abortions can be self managed, and for those who may need resources on how to obtain the medication on their own, they can visit [Plan C Pills](#) and also [Whole Woman's Health](#) for FAQs on different methods and in depth answers to some higher level questions.

How do I help people who need money to get an abortion?

Donate to your local abortion fund, or abortion funds across the country. In Washington, our local abortion fund is [Northwest Abortion Access Fund](#) but to find a fund closer to you, you can check out the [National Network of Abortion Funds list](#).

Note: This list was compiled on 5/6/2022 and last edited on 5/6/2022. If information changes or new questions are asked, we will work to update it as quickly as possible. All information for this resource was pulled from [plannedparenthood.org](#).