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DOCTOR **NEXT STEP** **DOCTOR**
— LIVING LONGER BOOKS —
Finally A Revolution In Indian Health Care

NEXT STEP LIVING LONGER BOOKS

**Every young girl should
keep this pill in her
Purse (ECP)**



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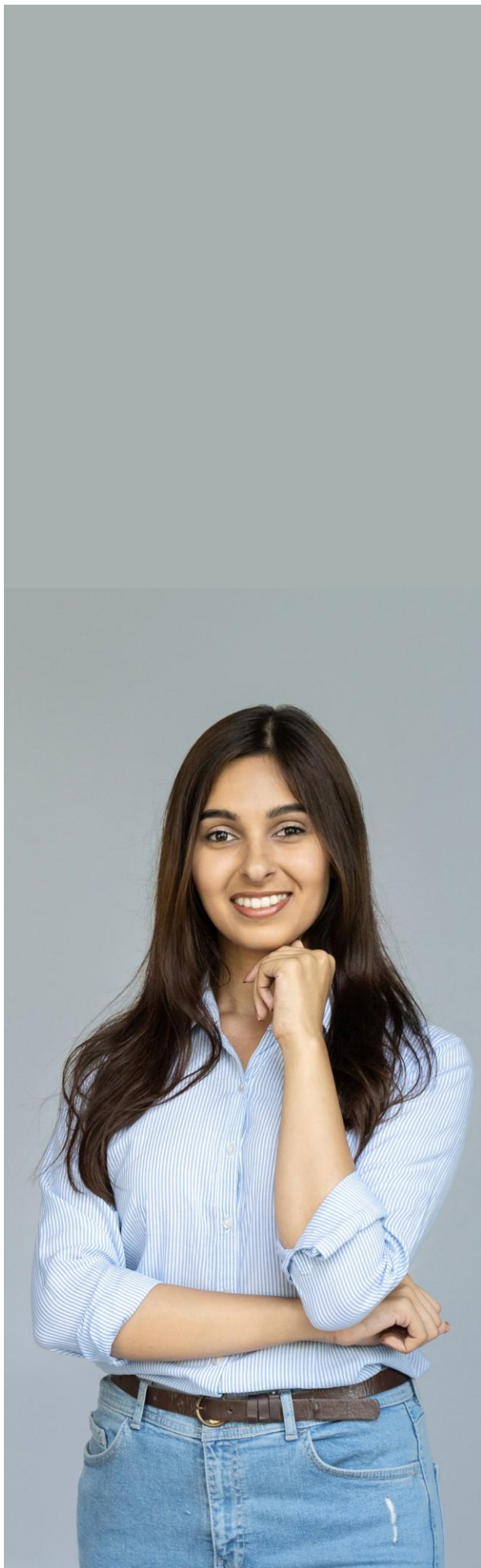


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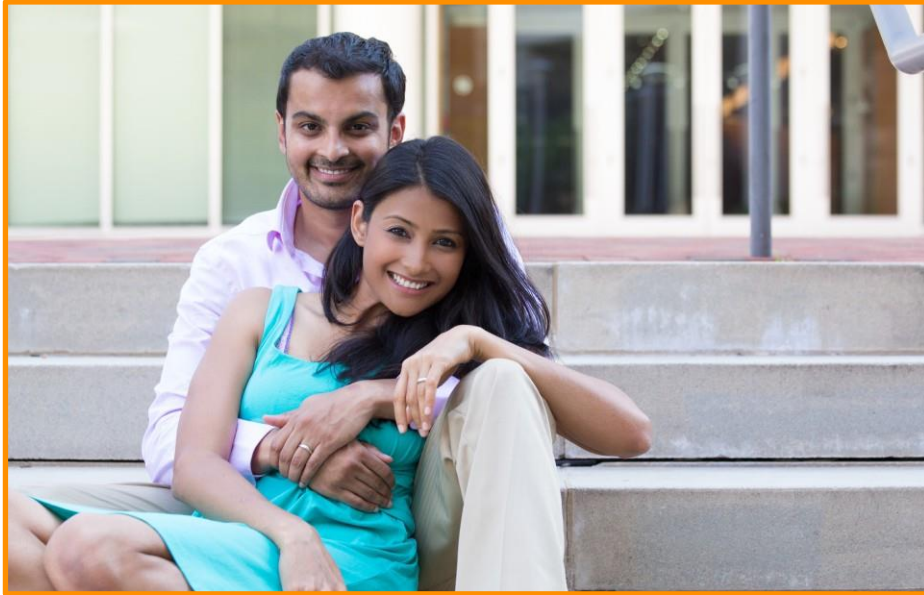
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CHAPTER 1

'Plan B One-Step' or 'Next Choice'

Emergency contraceptive pill is for woman who is intimated with her boyfriend and she did not use any protection or was not using the oral contraceptive pill, in such situation she may have to take emergency pill what we call is Plan B One-Step or Next Choice.



Chap1Fig1

Emergency Contraceptive Pill (a pill to prevent pregnancy) which, a young girl should always keep in her purse.

- It is also known as “Morning After Pill”
- The sooner the birth control pill is taken the better it will work.
- It stops or delays the release of an egg from your ovaries until the sperm aren't active in your body any more.
- It is a safe pill as per “World health organization” (WHO)



Chap1Fig2

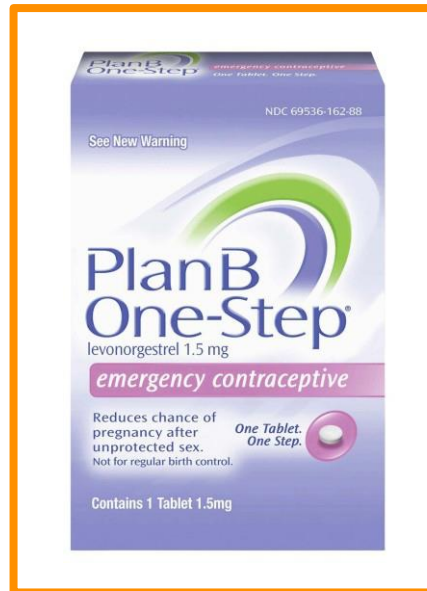


Chap1Fig3



CHAPTER 2

Plan B One-Step: We call this pill as ‘Levonorgestrel’ or ‘LNG’ or ‘Morning After Pill’ or ‘Single Dose Regime’



Chap2Fig1

Cost in USA= \$12
Cost in India = INR 75

- This is the preferred over any other regimen because it is very effective and has a fewer side effects
- It does not cause any nausea or vomiting
- There is no age restrictions and it comes in the generic form
- It must be taken within 3 days (absolutely in 72 hours or less) of intimate
- The most common comes as prepackaged formulation – Plan B One Step

One Step-because you had to take one pill only

This regimen is to be taken as a single 1.5 mg LNG Plan One-Step within 72 hours of closeness.



CHAPTER 3

Next Choice – Two Dose Regime

All the studies have shown that Plan B is equally effective if taken in a single dose with minimal increased side effects.

The first dose must be taken within 3 days /72 hours or less - of being intimate

Two-dose regimen

One pill 12 hours apart hours =Total of 2 pills Two-dose regimen

Same medicine as single pill but ½ dose given 12 hours apart .



Chap3Fig1

Cost (In USA): \$12

Cost (In India): INR 75

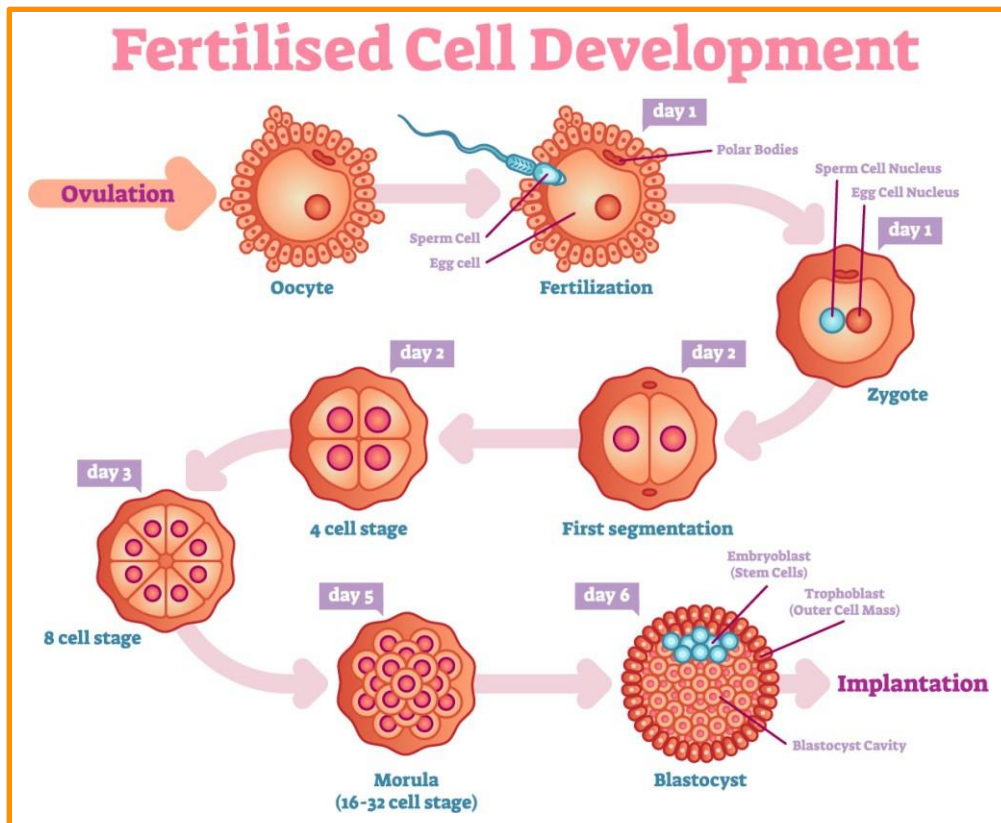


CHAPTER 4

How does it work?

Emergency contraceptive pill (ECP), it **prevents pregnancy** by

- **First** it prevents ovulation
- **Second** thing even if you have ovulation it prevents fertilization
- **Third**, even if there is fertilization it prevents tubal transport
- **Fourth**, then it prevents implantation
- **Fifth** It also causes the regression of the **corpus luteum** which is very important in **maintenance of the pregnancy**.



Chap4Fig1

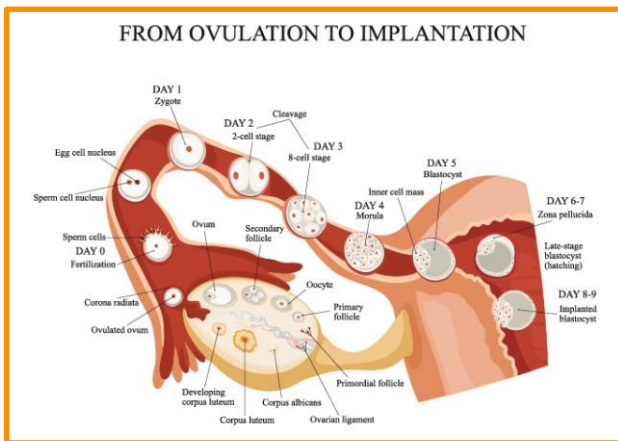


CHAPTER 5

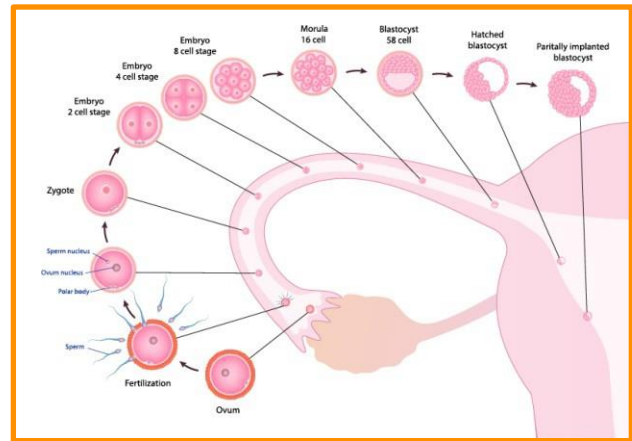
Effectiveness within 72 hours (24X3 days = 72 hours or 3 days)

Girl/woman has to take the pill within 3 days (3 days means exactly 3 days =72 hours by the hours),

And it is almost 100% effective (90% confirmed).



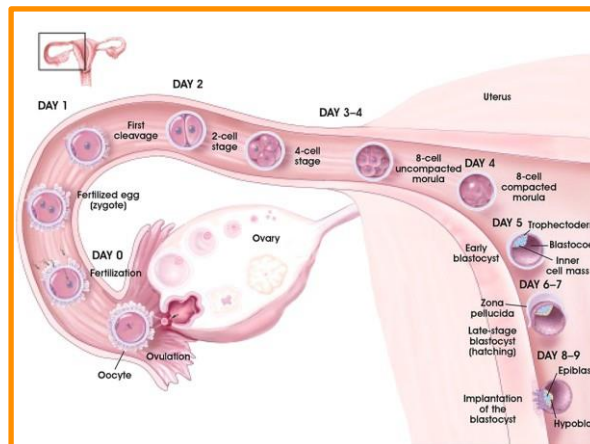
Chap5Fig1



Chap5Fig2

- If woman is having normal cycle then she is very much aware about the expected date of the next cycle
- Then, a woman ovulates exactly 14 days before the menstrual cycle starts
- In the case of consistent monthly cycle, it can be figured out when a woman makes eggs during the cycle and she has highest chances of becoming pregnant as a big picture.

It is usually second or third week of the menstrual cycle



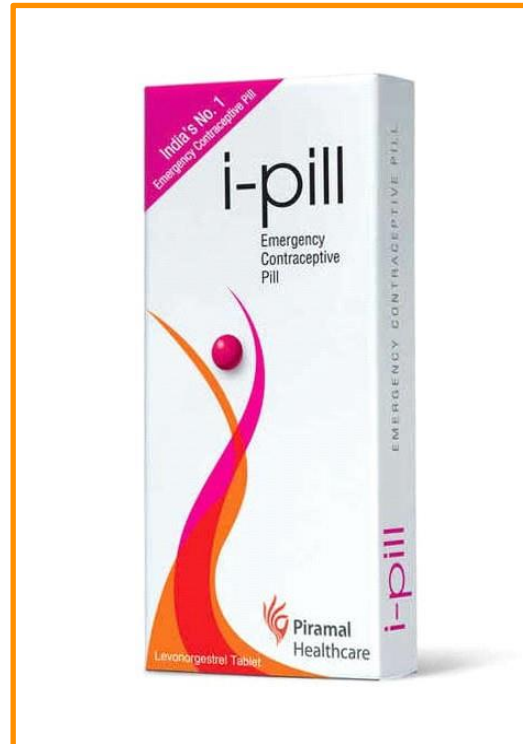
Chap5Fig3



CHAPTER 6

Emergency Contraceptive Pill(s) taken as advised is/are extremely effective in preventing pregnancy.

Not only Emergency pill(s) is /are extremely effective in preventing pregnancy, Pill(s) are very safe also.



Chap6Fig1

Price(In India): INR 350/-

Price (in USA): \$34.99

- *The US even have approved for young girls over-the-counter where every pill is given only by prescription.*
- *This is one of the pills any young girl can take and for that girls' do not have to show their ID.*
- *In the US 18 years age is a cut off age, before 18 year's old age you have to involve your parents but in such situations, you can have the pill without anyone's participation without age restriction.*



CHAPTER 7

The 3 Choices

BOOK 2 Title

A GIRL HAS CHOICES (COMING SOON)

There are actually 3 choices

- Plan B pill/ **Levonorgestrel 1.5 mg** is available to everyone in USA – has to be taken within 3 days .
- **Ulipristal acetate 30 mg** – has to be taken within 5 days – but it is a prescription medication
- **3 Copper IUD—need physician to place**

Typically, up to 5 days **AFTER BEING INTIMATE**, but may be effective at any time in **THE MONTHLY CYCLE** when urine pregnancy test is negative.

