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Emergency Contraceptive Pills (ECPs) Protocol for NM Pharmacist

A. TITLE:

New Mexico Pharmacist prescribing of Emergency Contraception, as intended to support and pursuant to, New Mexico Board of Pharmacy Regulation (16.19.26).

B. PURPOSE:

To provide a woman with emergency contraception in those situations which a woman has had unprotected or inadequately-protected sexual intercourse and does not desire pregnancy.

C. INTRODUCTION:

Emergency contraception is sometimes known as the "morning after" treatment or "post-coital" contraception. The term "emergency contraception" is preferred because the method is best suited for limited "emergency" use and can be used for several days after unprotected sexual intercourse, not just the morning after. Most women who are concerned about pregnancy following unprotected or inadequately-protected sexual intercourse are not aware that there are safe and effective methods to prevent pregnancy after sexual intercourse: emergency contraceptive hormonal pills, and IUDs. These methods have been used for decades by women around the world.

Emergency contraception should not be used in place of ongoing, correct use of regular contraceptives because it is less effective in preventing pregnancy. If used as an ongoing method, ECP therapy would be far less effective than most other contraceptive methods: if the typical woman used combined ECPs for a year; her risk of pregnancy would exceed 35% and if she used progestin-only ECPs, she would still have a 20% chance of pregnancy.

Emergency birth control may prevent pregnancy in several ways. It may prevent ovulation, alter corpus luteum function, thicken cervical mucus, interfere with fertilization by altering the tubal transport of sperm and/or ova. It may inhibit implantation by altering the endometrium. ECPs do not interrupt an established pregnancy.

Effectiveness (overall):

Emergency contraception efficacy decreases with time after unprotected or inadequately-protected sexual intercourse so that while a patient can use ECP up to 5 days after unprotected or inadequately-protected sexual intercourse, it is most effective when used within the first 24-48 hours.

POP ECPs reduce pregnancy risk by as much as 89%.

COC ECPs reduce the risk of pregnancy by 75%: if 100 women had unprotected sexual intercourse during the second or third week of their cycle, about 8 would become pregnant. If all 100 took ECP, about 2 would become pregnant. With Plan B's higher contraceptive efficacy, fewer than 2 women would become pregnant with the use of Plan B.

ECPs provide no protection from sexually transmitted infections.

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I. DISPENSING:

1. Dispense **one** of the following regimens of ECPs:

Progestin Only Pills

Plan B

1 pill now and 1 pill in 12 hours

Ovrette (yellow pills)

20 pills now and 20 pills in 12 hours

Combined Oral Contraceptives

**Preven (blue pills) OR
Ogestrel (white pills)
Ovral (white pills)**

2 pills now and 2 pills in 12 hours

**Low-Ogestrel (white pills)
Lo-Ovral (white pills),
Levora (white pills) OR
Levlen (light orange pills) OR
Nordette (light orange pills) OR
Triphasil (yellow pills),
Tri-Levlen (yellow pills) OR
Trivora (pink pills)**

4 pills now and 4 pills in 12 hours

**Alesse (pink pills) OR
Levlite (pink pills)**

5 pills now and 5 pills in 12 hours

2. Use of Plan B ECP is associated with significantly decreased nausea and vomiting than COC ECP. If antiemetic is appropriate for use with this patient, however, review relevant Phenergan or Dramamine information, instruct patient on administration, and dispense (or recommend):

two Dramamine II 25 mg tablets (one or two tablets taken one hour before

the first ECP dose), **or** two Phenergan 25 mg suppositories (one suppository one hour before each of the two ECP doses).

3. Recommend spermicidal film or foam and condoms with instructions for use.

J. VISIT SCHEDULE:

1. Instruct patient if she has no period within 3 weeks or feels pregnant, see a health care provider for a pregnancy test.

2. If she is not already enrolled with a provider for Family Planning services, refer to a local clinic, Public Health Department, Planned Parenthood of New Mexico or her personal health care provider.