Bright Futures Patient Handout
18 to 21 Year Visits

PHYSICAL GROWTH AND DEVELOPMENT

Your Daily Life

- Visit the dentist at least twice a year.
- Protect your hearing at work, home, and concerts.
- Eat a variety of healthy foods.
- Eat breakfast every morning.
- Drink plenty of water.
- Make sure to get enough calcium.
  - Have 3 or more servings of low-fat (1%) or fat-free milk and other low-fat dairy products each day.
- Aim for 1 hour of vigorous physical activity.
- Be proud of yourself when do you something well.

RISK REDUCTION

Healthy Behavior Choices

- Support friends who choose not to use drugs, alcohol, tobacco, steroids, or diet pills.
- If you use drugs or alcohol, you can talk to us about it. We can help you with quitting or cutting down on your use.
- Make healthy decisions about your sexual behavior.
- If you are sexually active, always practice safe sex. Always use a condom to prevent STIs.
- All sexual activity should be something you want. No one should ever force or try to convince you.
- Find safe activities at school and in the community.

VIOLENCE AND INJURY PREVENTION

Violence and Injuries

- Do not drink and drive or ride in a vehicle with someone who has been using drugs or alcohol.
  - If you feel unsafe driving or riding with someone, call someone you trust to drive you.
- Always wear a seat belt in the car.
- Know the rules for safe driving.
- Never allow physical harm of yourself or others at home or school.
- Always deal with conflict using nonviolence.
- Remember that healthy dating relationships are built on respect and that saying "no" is OK.
- Fighting and carrying weapons can be dangerous.

EMOTIONAL WELL-BEING

Your Feelings

- Figure out healthy ways to deal with stress.
- Try your best to solve problems and make decisions on your own.
- Most people have daily ups and downs. But if you are feeling sad, depressed, nervous, irritable, hopeless, or angry, talk with me or another health professional.
- We understand sexuality is an important part of your development. If you have any questions or concerns, we are here for you.

SOCIAL AND ACADEMIC COMPETENCE

School and Friends

- Take responsibility for being organized enough to succeed in work or school.
- Find new activities you enjoy.
- Consider volunteering and helping others in the community on an issue that interests or concerns you.
- Form healthy friendships and find fun, safe things to do with friends.
- As you get older, making and keeping friends is important. You may find that you drift away from some of your old friends—that's normal.
- Evaluate your friendships and keep those that are healthy.
- It is still important to stay connected with your family.

Bright Futures
prevention and health promotion for infants, children, adolescents, and their families™

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™

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Illustration by
Billy Nuñez, age 16

NEXT STOP ADULTHOOD: TIPS FOR PARENTS

AS YOUR CHILD BECOMES AN ADULT

- Becoming an adult does not happen overnight; it occurs over time and in steps.
- Letting go is a difficult but also rewarding part of life.
- Help your teen learn the responsibilities that come with being an adult.
- Relating to your child as an adult is new for both you and your child.

Becoming a young adult is exciting, difficult, and scary for both parents and teens. It is a time of increasing independence and change, no matter what the situation. For example:

- Going to college
- Moving out
- Starting a job
- Staying at home

TEACH INDEPENDENCE

Learning to be independent does not happen overnight. Just like getting a driver's license, it occurs over time and in steps.

- Learner's permit—learning new skills with supervision
- License with limitations—taking on some responsibilities, but with parental support
- Full license—being fully responsible for one's own actions

Parents need to give up much of the control over many of their young adult's decisions. But parents still worry about their child's safety, health, and success. This is where you need to trust the job you have done as a parent.

LET GO, BUT STAY CONNECTED

Parents give guidance and feedback to their children at every age, but giving advice to a young adult is different from telling a child what to do or teaching a child how to do something.

Giving and getting advice.

Young adults need to know that everybody needs advice and help from others for the rest of their lives. Parents now need to be open to getting advice and feedback from their adult children.

Effective communication is an important part of this new relationship.

Open and honest communication is key. Even though some topics may be difficult or even embarrassing for you, this is the basis of a healthy adult relationship with your child.

Understanding each other may be difficult.

There may be times when you do not agree with each other, and conflicts may occur. Try not to let getting mad or angry turn into a fight. Fights don't solve problems; they make new ones.

Be a role model.

Solve problems and conflicts with respect for your teen. Acknowledge and apologize when you are wrong. This is an excellent way to teach your child how to peaceably solve conflicts with others.

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HELP TEENS LEARN RESPONSIBILITY

As teens gain the privileges that come with being adults, they need to understand the responsibilities toward others and the community that come with these privileges. Decisions that adults make have adult consequences, both good and bad, that they will need to live with.

Do less.

Parents need to stop doing things for their teens, like making lunch or running an "emergency" load of wash, that teens can do for themselves. Parents who complain most bitterly about their teens' irresponsibility are often the ones who don't make their kids do anything for themselves.

Let consequences happen.

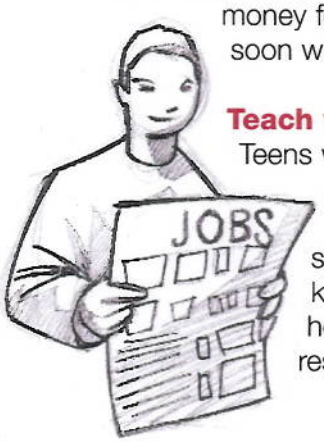
There is no need to come up with special punishments to discourage irresponsibility. Simply let nature take its course.

- Forgotten homework assignments result in lower grades or having to do make-up work.
- Not putting clothes into the hamper means that there might be nothing but dirty clothes to wear.

Of course, it is hard to stand by and see your child suffer embarrassment or defeat. A parent naturally wants to jump in and help. Remind yourself that the most helpful thing you can do is allow your child to learn to take responsibility, the sooner the better.

Give a regular allowance, but no extras.

When you are seen as a source of ready cash, your child has no incentive to handle money responsibly. Decide on a fair amount, and discuss how to budget by spending a little and saving for larger purchases. Then refuse to pay for any items that are not needed. If teens don't have money for something they want, they soon will learn to budget.



Teach ways to be more organized.

Teens who have trouble staying organized can appear irresponsible. By teaching specific skills, like always putting keys in a particular spot, you are helping your child become a responsible adult.

Help your teen think through options.

Adolescents make large, life-changing decisions, like whether to drink, smoke, have sex, or go to college. They also make smaller but still important decisions, like whether to try out for soccer or use the time for studying or an after-school job.

One way to help with decisions is to sit down together and actually write down the answers to the following questions:

- What is the difficulty?
- What are possible solutions?
- What are consequences of each solution?
- Which of those consequences is most desirable from a practical, personal, moral, or legal point of view?

RELATING AS ADULTS

As children become adults, the way children and parents relate needs to change. The goal is to respect each other as adults.

Continue sharing, listening, and asking questions.

Parents want to hear about how their "kids" are doing. It is also important for children to know "what's going on" with their parents.

Having lunch or dinner together is a good way to keep up-to-date with each other and have fun at the same time. Don't stop being interested in each other's lives.

LIVING AT HOME

Everyone needs to help with the work of the family.

Whether the chores are divided up using a formal schedule or everyone just pitches in when they can, everyone needs to help out at home.

You might want to have a family meeting to decide who does what. It's all about fairness.

A pleasant place to live.

Teens and young adults need to know that they can't play their music so loudly that it disturbs others. Everyone needs to pick up clothing and other items in spaces they share, especially hallways and bathrooms.

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"Living in the same home means that we need to treat each other with courtesy and respect."

A space to call their own.

Even in small homes, providing teenagers with a space to call their own is important. This allows them the freedom to express themselves and to develop their own sense of self-discipline.

For example, they can decorate their room as they wish and keep it as messy or neat as they choose, within reason. It is within your rights to insist that a room be picked up if it starts to smell bad or affects the home.

Being safe.

Parents always will be concerned about their children. But as children get older, they need to begin to assume some responsibility for their own safety.

For example, when parents communicate curfews as a matter of safety, it is more likely to be accepted. Teens and young adults need to know that if they are not able to make the curfew, they need to get in touch with the person who is waiting up for them.

"You have to be home by 11:00 because the streets aren't safe after that. If you can't be home by then, please give me a call."

Connected Kids are Safe, Strong, and Secure

Graphic design and illustrations by Artists For Humanity, a non profit arts and entrepreneurship program for Boston teens.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

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health care for college students

College is filled with

many opportunities to learn and experience life. You'll be responsible for making your own choices, including ***choices about your health.*** The following is important information to help you **stay healthy and safe on your new journey.**

Contents

A message from your pediatrician
Health care on campus
What to bring to school
Common health problems
Don't ignore these symptoms
Health 101
Taking care of your mental health

A message from your pediatrician

Even though you're in college your *pediatrician still cares about your health.* You can call your pediatrician any time you have questions. If you live nearby you can continue to make appointments, or come in when you are home on break. You may even want to see your pediatrician for a physical before you start school (your school might actually require it).

Health care on campus

If you are going to live on campus, check to see if your school has a **student health service.** It's ***a place you can go for medical care, advice, information, and counseling.*** Student health services are usually well-staffed with a variety of health professionals. They also know pediatricians and other physicians in the area in case you need additional care.

What to bring to school

In addition to the clothes, computer, and other day-to-day items you will need, ***don't forget to pack the following:***

- A filled out **health record** (see last page).
- A list of any **medicines you take,** including their dosages.
- A list of your **allergies.**
- A list of any **past medical problems** (for example, if you had surgery or were in the hospital).
- A list of any **special needs** you might have (such as chronic conditions or disabilities).
- A record of any **mental health problems.**
- Your **immunization record** that shows which shots you have had, including the type of vaccine, when you got it, and if you had any side effects.
- **Proof of health insurance.** Are you still going to be on your parents' policy? If so, take a copy of the insurance card with you. Find out what type of plan you have (for example, HMO, PPO), what's covered, how to file claims, and what to do in case of an emergency. Keep in mind that your parents will be notified each time the insurance company is billed for something.
- **First aid kit** for small emergencies. Make sure it includes
  - Bandages for small cuts and scrapes
  - Gauze and adhesive tape
  - An elastic bandage for wrapping sprains
  - Waterless hand cleaner
  - Antibacterial/antibiotic ointment
  - A digital (not mercury) thermometer
  - An ice pack or chemical cold pack
  - Acetaminophen or ibuprofen for aches, pains, and fever
  - Other medicines (ask your pediatrician for suggestions)

Common health problems

With students living together in dorms and apartments, eating together in cafeterias, and sitting together in classrooms, illnesses and infections can spread easily. Here is a brief guide to common illnesses and what you should do if you get one.

Colds and flu. These are caused by viruses. While sometimes it's hard to tell the difference between them, colds usually cause milder symptoms than the flu.

Common cold symptoms include

- Coughing
- Sneezing
- Watery eyes
- Mild fevers

Flu symptoms include

- Higher fever (commonly above 102°F or 39°C)
- Body aches
- Dry cough
- Upset stomach or vomiting

Don't ignore these symptoms

Call the student health service right away if you have

- A fever of 102°F (39°C) or higher
- A headache accompanied by a stiff neck
- Pain with urination
- An unusual discharge from your penis or vagina
- A change in your menstrual cycle
- Pain in the abdomen that will not go away
- A persistent cough, chest pain, or trouble breathing
- Pain or any other symptoms that worry you or last longer than you think they should

What you can do
The most you can do is rest, drink a lot of fluids, and treat the symptoms. You can try using over-the-counter cold and flu medicines. They may help you feel better. (Note: An increased risk of developing **Reye** syndrome [a disease that affects the liver and brain] is associated with aspirin use during bouts of the flu.) Your pediatrician or the student health service can suggest what medicines may help your symptoms, as well as answer your questions.

Some types of the flu can be treated with antiviral agents, but you have to take them in the first day or two of the illness, and a prescription is required. They can help you feel better faster.

Prevention
It's not possible to completely avoid getting a cold or the flu, but these tips can help lower your risk.

- Wash your hands often!
- Get a flu shot each fall.

Strep throat, sinus infections, ear infections. These are caused by bacteria.

Symptoms may include
- A very sore throat
- Pain in your ears or sinuses
- A persistent fever

What you can do
If you have these symptoms, go to the student health service. The staff will be able to tell you what the problem is and give you antibiotics if you need them. If you need to take antibiotics, take them exactly as you are told, and be sure to take all of them. If you don't, the infection can come back.

Prevention
- Avoid close contact with anyone who has an infection. That means no kissing or sharing drinks or utensils.
- See your doctor for regular checkups.

Meningococcal disease. A common form of this is meningitis. This disease can infect the brain, spinal cord, and/or blood.

Symptoms include
- High fever
- Stiff neck
- Severe headache
- A flat, pink, red, or purple rash
- Nausea and vomiting
- Sensitivity to light

What you can do
It is important to seek medical treatment right away. The disease can be fatal or may result in permanent brain damage or lifelong problems with the nervous system.

Prevention
It is now recommended that all teens, and especially students leaving for college, receive a vaccine to prevent this very serious infection. The vaccine is effective against most, but not all, strains of the bacteria that cause this infection.

Bruises, sprains, and strains. These are very common and usually are not very serious. Here's how to tell the difference between them.

- **Bruises** cause the skin to turn purple, brown, or red in color.
- **Strains** are injuries to muscles and tendons that result from too much or sudden stretching.
- **Sprains** are injuries to the ligaments, the connecting tissue between bones.

What you can do
Use the **RICE** method of treatment

- **R**est—especially for the first 24 hours.
- **I**ce—put ice packs or cold gel packs on the injury for 20 minutes every 4 hours.
- **C**ompressions—wrap the injured body part in an elastic bandage.
- **E**levation—for example, if you have sprained your ankle, prop your foot up on pillows to keep it at a level higher than your heart.

Visit the student health service if your pain or swelling does not get better in a day or two or if you are unable to put any weight on the injured area.

Prevention
Being physically active is a great way to stay healthy, but be smart and avoid injuries by

- Using the right safety gear (like pads and helmets).
- Warming up and cooling down. Stretch out before and after you exercise or play a sport.
- Taking breaks. Don't exercise or play through pain.

Mononucleosis ("mono"). College students often worry about a disease called "mono"—also known as "the kissing disease." Mono is caused by a virus.

Symptoms include
- Fever
- Sore throat
- Headache
- Swollen lymph nodes (glands) in the neck
- Extreme tiredness

What you can do
If you have a sore throat or bad flu that doesn't go away in a week to 10 days, see your doctor. Mono is diagnosed by a blood test called the "monospot." There is no specific treatment for mono; just get plenty of rest and eat a healthy diet.

Health 101

Keeping yourself healthy is the best way to avoid getting sick.

Three important things you can do are rest, eat well, and exercise.

Rest

Don't skimp on rest! Too little sleep can cause some serious problems, like

- You may be more likely to catch colds and other minor illnesses. Your body cannot fight off germs as well when you are tired and run-down.
- You are more likely to feel stressed or become depressed.
- You may have a hard time staying awake in class.
- You may have trouble concentrating on papers and tests.

So be sure to get about **8 to 9 hours of sleep** a night whenever you can.

Eat well

Vending machine food or fast food may be quick and cheap when you are busy and on a budget but ***eating well is important. Try to remember to***

- Eat fruits and vegetables every day (your goal should be 5 a day).
- Eat lean meats, fish, and poultry.
- Eat foods high in calcium, like low-fat dairy products.
- Limit junk food or foods with a lot of fat, sugar, and salt.
- Limit sugary drinks such as pop, juice, sweetened teas or coffees, and sport drinks.

It is possible to eat a healthy vegetarian diet at college. However, this may require some additional planning to make sure you get all the nutrients you need.

Exercise

An important part of staying healthy is getting enough exercise.

There are 3 basic types of exercise, and ideally everyone should do all 3.

- **Aerobic** exercise strengthens your heart and lungs. These are activities like biking, running, fast walking, swimming, active dancing, and rowing.
- **Strengthening** exercise tones and builds muscles and bone mass. You can do this by doing sit-ups, push-ups, and leg lifts, or by working out with weights or resistance bands.
- **Stretching** exercise, like yoga, improves your flexibility or range of motion.

Don't have time to work out? There are many ways to *sneak exercise into your day.* Like instead of driving or taking the bus to class, try walking or riding a bike. If you are not used to exercising or if you have a chronic health problem, talk with your pediatrician or the student health service before starting an exercise program.

Taking care of your mental health

Starting college can be stressful. You may be away from home for the first time. Maybe you miss your family and friends. You've got homework. You're trying to meet new friends. All these things can make you feel alone, overworked, and stressed out. Following is information concerning your mental health:

Making friends

Friends usually become your main support system while in college. In fact, college friends often become close friends for life.

You may be worried about how you will make new friends. You will probably meet some people you like in the first few days of school, and you will meet more in your classes, in clubs or sports, and through other friends. **If it takes a while to find people you click with, don't worry—it will happen.**

Roommates can be terrific friends or great sources of stress. Even roommates who like each other will clash over things like cleaning, bedtimes, and music. Talk these things over early on, and you will be less likely to have problems later. ***If you and your roommate just can't get along, talk with your RA*** (resident advisor) about how to handle your roommate problem.

Missing home

Many students miss home—even those who've been away from home before. *Feeling homesick doesn't make you less mature or mean you are not ready to be on your own—it just means you are human!* Here are a few tips that may help.

- Talk with your friends about it. Chances are they're feeling the same way.
- Keep in touch with family and friends back home, but make sure you develop new relationships at school.
- Still having trouble? Try talking with a counselor.

Also, remember that going home for visits may be hard. You've changed. Your family has changed. Even your home friends may have changed. Old conflicts don't disappear and new ones may come up. Again, if things are too stressful for you to handle alone, talk with a counselor.

Dealing with depression

There will be days when you feel down, when the pressures of college life really get to you. Those feelings are normal. When you feel down, take some time out for yourself, and do something that makes you feel good. Spend time with friends. Exercise. Read a good book.

Sometimes though, feeling down can turn into depression. Depression is a serious illness that can be treated. **If you have had any of the following symptoms for 2 weeks or more, see a counselor right away:**

- Sad mood
- Hopeless, helpless, worthless, or guilty feelings
- Loss of pleasure in things you usually enjoy
- Sleep problems
- Eating problems
- Low energy, extreme tiredness, lack of concentration
- Physical symptoms such as headaches, stomachaches, or body aches that do not respond to treatment

If at any time you have thoughts of death or suicide, seek help immediately. ***Do not think you can handle depression on your own.*** If one of your friends seems depressed, suggest that he or she see a counselor as soon as possible.

Drinking responsibly

Drinking is a huge problem on most college campuses. The majority of college students drink and a large number **drink too much.** Binge drinking (having 5 or more drinks in a short time) is common among both guys and girls.

Heavy or binge drinking can lead to physical illness (or death) and long-term drinking problems. Drinking is known to increase sexual aggressiveness, which can lead to sexual harassment and date rape. Drinking also clouds your judgment. **You can't think straight when you're drunk.** You're more likely to make unhealthy choices like having unsafe sex, which may lead to sexually transmitted infections (STIs) and unwanted pregnancies.

The legal drinking age in the United States is 21. The best way to prevent drinking-related problems is to not drink. **If you are 21 and choose to drink, be smart. That means**

- Stop after 1 or 2 drinks.
- Don't drink and drive.

- Don't let friends drink and drive.
- Don't ride with someone who has been drinking.
- Don't drink with people you do not know.

If you feel you need to cut down on your drinking, if friends comment on the amount of drinking you do, or if you ever feel guilty about something you have done while drinking, see a counselor at school.

Making healthy decisions about sex

College is often a time when young people begin to explore their sexuality. But this doesn't mean everyone in college is sexually active. In fact, many are not. *If you want to wait to have sex, you are not alone.* Lots of people your age have realized it's a great idea to wait until they are older.

No matter what your decision is about sex, be smart about it. Don't do things that will put your health at risk. Remember, having sex can expose you to STIs like chlamydia, gonorrhea, herpes, or HIV, the virus that causes AIDS. Use a reliable form of birth control, and remember that only barrier protection with condoms will prevent transmission of infection. One type of disease called human papillomavirus (HPV) may cause cervical cancer. A new vaccine is able to prevent 4 types of HPV—the types that cause 70% of cervical cancer. That vaccine is now available and recommended for all young women. The more sexual partners you have, the greater your risk. Not having sex is the only sure way to prevent these infections.

College may also be a time for sorting out your sexual identity. ***If you are questioning your sexual identity, talking with a counselor may help.*** Many colleges have support and social groups for gay, lesbian, and bisexual students. These groups can help students feel less isolated.

From your doctor

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The persons whose photographs are depicted in this publication are professional models. They have no relation to the issues discussed. Any characters they are portraying are fictional.

Health record card

Name: _____

Address: _____

Phone: _____

Date of birth: _____

Pediatrician's name: _____

Office address: _____

Phone/fax: _____

Allergies: _____

Chronic medical conditions: _____

Blood type (if known): _____

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emergency contraception

If you have had sex in the last 5 days

- Did you or your partner **use any form of birth control** to prevent pregnancy? If no, there's a chance you could get pregnant.
- If you and your partner used a condom as your only method of birth control, did it rip or slip during sex? If yes, there's a chance you could get pregnant.
- If you did use a method of birth control (birth control pills and condoms) to prevent pregnancy, ***did you use it correctly?*** If no, there's a chance you could get pregnant.

You could be **at risk of getting pregnant** if...

1. You had unprotected intercourse in the last 5 days.

   OR

2. You had a problem with or concern about how well your birth control method might have worked. For example,
   - You **did not plan to** have sex and used nothing to prevent pregnancy.
   - You were **forced to have sex** and nothing was used to prevent pregnancy.
   - You used a **condom but it broke** or slipped during sex and nothing else was used to prevent pregnancy.
   - You're taking **birth control pills** but ***missed*** taking 2 or more pills in a row and you had unprotected sex.
   - You're using the **birth control patch** but it was ***off for more than 24 hours*** during the 3 weeks when it was supposed to be on your skin and you had unprotected sex.
   - You're using the **birth control ring** but took it ***out for more than 3 hours*** during the 3 weeks when it was supposed to be in your vagina and you had unprotected sex.
   - You're using the Depo-Provera shot but it has been **more than 2 weeks** since you should have gotten your next shot and you had unprotected sex.

Remember, **"withdrawal"** of the penis **does not work** to prevent pregnancy.

What is emergency contraception?

Emergency contraception is a **type of birth control** used to prevent pregnancy after unprotected sex.

How do **the pills work?**

Emergency contraception pills can prevent

- An egg from being released from the ovary (ovulation). This is the main way it works.

Emergency contraception pills may also prevent

- An egg from being fertilized by the sperm (fertilization)
- A fertilized egg from attaching itself to the wall of the uterus (implantation)

Emergency contraception pills are NOT the same as RU-486 or Mifepristone, also called the abortion pill.

- Emergency contraception pills use the same hormones as regular birth control pills.
- If you're already pregnant and take emergency contraception pills, they won't cause a miscarriage or abortion.
- If you've taken emergency contraception but find out later that you were already pregnant, the pills won't cause birth defects if you continue the pregnancy.
- Emergency contraception pills do not prevent sexually transmitted diseases (STDs).

What types of pills can I take?

Your pediatrician may prescribe one of the following:

- **Plan B® progestin-only pills.** These pills are specifically made for emergency contraception. Call the pharmacy before you go to see if they have the medicine in stock, what the cost is, and if the pills are covered by your insurance.
- **Special dose of regular birth control pills.** These pills can have the same effects as emergency contraception pills if taken as your pediatrician tells you.

Pills need to be taken within 5 days of unprotected sexual intercourse. Take them as soon as possible after unprotected sex.

- **Plan B progestin-only pills**—Take both pills at one time.
- **Special dose of regular birth control pills**—Take each dose 12 hours apart. *You may also want to take medicine that prevents nausea before you take the special dose of pills.* The pills work about 80% of the time to prevent pregnancy if taken around the time of ovulation. They won't work if you're already pregnant.

Some people have nicknamed emergency contraception pills the "morning after pill," but this information is wrong. There's more than 1 pill and the pills are not always taken the morning after. They can be taken up to 5 days after unprotected sex. However, the sooner you take them, the better they work.

Are the pills safe?

Emergency contraception pills are safe but as with all medicines **there can be side effects. Nausea** and **vomiting** may occur but are less likely with the Plan B progestin-only pill. Other side effects include *fatigue, tender breasts, headache, stomach pain, and dizziness.* These side effects usually last less than 24 hours. You may **notice changes in your next period.** Your period may come earlier or later, or be lighter or heavier than you're used to. The pills won't hurt your ability to get pregnant in the future. Because the pills won't protect you from getting pregnant the next time you have sex, you must still use your usual form of birth control.

Call your pediatrician if you vomit within 30 to 60 minutes after taking the pills, or if you have any other concerns. It is critical to call your pediatrician for an appointment within 2 weeks after taking emergency contraception. At the visit you can get a pregnancy test to make sure you did not get pregnant and a test for STDs.

Remember

If you're going to have sex...

- ***Talk with your pediatrician about which type of regular birth control is best for you.*** The choice to become sexually active is yours. Choosing not to have sex is the only way to avoid all STDs and avoid getting pregnant. Emergency contraception pills shouldn't be your regular form of birth control. However, you may want to have them on-hand just in case you need them to prevent pregnancy.
- **Always use a condom to reduce the risk of getting an STD.** Condoms work best when they are used the right way. No other form of birth control, including emergency contraception, can protect you from getting an STD.
- **Make sure that you are checked for an STD.** If you had unprotected sex, not only can you become pregnant, you could also get an STD. Often a simple urine test can screen for STDs.
- **Don't be afraid to say NO if you've changed your mind and don't want to have sex.** It's best to stay away from situations that can lead to sex when you don't feel ready. Drinking alcohol and using drugs may lead to you having sex when you don't mean to. It's never OK for someone to pressure you to have sex.

Where can I find more information?

Always feel free to share your concerns and questions with your pediatrician. If you'd like to do some reading on your own, you may want to contact one of the following sources:

The American College of Obstetricians and Gynecologists
www.acog.org

DuraMed Pharmaceuticals
800/330-1271
www.go2planB.com

Emergency Contraception Hot Line
888/NOT-2-LATE

Emergency Contraception Web Site
http://ec.princeton.edu

International Consortium for Emergency Contraception
www.cecinfo.org

Managing Contraception
www.managingcontraception.com

The National Women's Health Information Center
800/994-WOMAN (800/994-9662)
www.4woman.gov

Planned Parenthood
www.plannedparenthood.org

Please note: Inclusion on this list does not imply endorsement by the American Academy of Pediatrics (AAP). The AAP is not responsible for the content of the resources mentioned in this brochure. Phone numbers and Web site addresses are as current as possible, but may change at any time.

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The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

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From your doctor

American Academy of Pediatrics

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