



COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"How do I get the morning-after pill?"

Q Last night the condom broke, and I'm worried about becoming pregnant. What's the deal with the morning-after pill, and how can I get it?

A One brand of EC is Plan B, but specific combinations of certain birth-control pills can also be used for the same purpose (visit <http://ec.princeton.edu/questions/index.html> to find out more). No matter what type of EC you take, the concentrated doses of hormones may cause temporary side effects like nausea, vomiting and dizziness.

Most states require a prescription to obtain EC, so call your gyno or Planned Parenthood (800-230-PLAN), contact 888-NOT-2-LATE or check out the Website listed above. If you know that a nearby pharmacy stocks EC, you can get a prescription by going to www.getthepill.com. However, some pharmacies in California, Alaska, Washington, New Mexico, Maine and Hawaii are able to provide the pills without a prescription. If you want to find out more about the availability of EC in your state, visit www.go2EC.org.

While EC should get you out of this bind, a condom shouldn't break if it's used correctly. Perhaps the tip wasn't pinched as it was rolled onto your guy's shaft, trapping air inside. Or the latex may have deteriorated if you used an oil-based lube. Read [Why Do Our Condoms Burst?](#) to learn how to prevent this from happening again.

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