Getting Prescription Birth Control

There are many contraceptive options available at this time. Finding the best option is a unique choice, different for every individual. To consider contraception methods with your needs, make an appointment with the Sexual Health and Relationship Educators at Student Wellness. [1]

**How do I get Birth Control?**

1. If this will be your first time getting birth control, start with the Gynecology Tutorial. [2]
2. Review information about contraceptive options such as Bedsider, [3] or Health Topics: Sexual Health [4] and/or visit SHARE, [1] to consider which method fits your needs best.
3. If you know what type of birth control you’d like or would like to discuss birth control options, make an appointment [5] with either a gynecology provider or a primary care clinic provider as desired.

Please note: for Implanon and IUD insertion, a consult visit with a gynecology provider must be scheduled prior to getting the device inserted. To set up a consult visit please call the appointment line 919-966-2281.

**How do I get refills of already prescribed birth control?**

Contact the pharmacy where your prescription was sent and ask for the prescription to be refilled.

**If I have a prescription from a non-Campus Health provider, can I fill it at Campus Health Pharmacy or Student Stores Pharmacy?**
You can! Call the pharmacy where you would like to pick up your prescription and ask for help transferring the prescription.

**What if I’ve already had unprotected sex?**

If you have had unprotected intercourse, look into Emergency Contraception (Plan B, ella). Plan B is available for over-the-counter purchase at most pharmacies, including the Campus Health Pharmacy and Student Stores Pharmacy. ella requires a prescription; contact your prescriber or speak with a pharmacist at Campus Health Pharmacy or Student Stores Pharmacy for help obtaining ella.

Sources:
- Sexual Health and Relationship Educators (SHARE) with Student Wellness
- Bedsider Contraception
- Does it hurt to get an IUD?
- Contraception
- IUD and Implant
- Emergency Contraception
- Pharmacy

Source URL: https://campushealth.unc.edu/services/gynecology/getting-prescription-birth-control

Links:
1. https://studentwellness.unc.edu/programs/share
2. https://campushealth.unc.edu/services/gynecology/annual-exam-and-pap-smear
4. https://campushealth.unc.edu/health-topics/sexual-health
5. https://campushealth.unc.edu/about-us/appointments
6. https://studentwellness.unc.edu/sexualwellness
12. https://campushealth.unc.edu/services/pharmacy