Plan B Distribution Guidelines: Over the Counter

Plan B is now a schedule II drug and is available “over the counter”. After consultation with our Medical Director, Dr. Makaroff, and CRNBC we have created guidelines for distributing Plan B over the counter. Our goals are to:

- decrease the wait time for any client wishing to only purchase Plan B
- increase availability of Plan B to our male clients
- increase availability of Plan B to our clients who wish to purchase it in advance

The current CRNBC standard for Registered Nurses for how to dispense a Schedule II drug is extracted below from the CRNBC Scope of Practice for Registered Nurses, Standards, Limits and Conditions (2006):

“Registered Nurses only administer Schedule II medication without an order to treat a condition following an assessment and nursing diagnosis.” (pg. 13)

Based on this standard, OPT has developed a Plan B Sales Log and guidelines.

Note: for clients who have needs beyond purchasing Plan B, please continue to use the protocol that exists in the Medical Standards and Guidelines.

The procedure for a client who would like to buy Plan B over the counter is as follows:

1. Client requests to buy Plan B when he/she enters the clinic.
2. Receptionist asks if the client has any other concerns that need to be addressed.
   a. If the client has any other concerns, a chart is opened and the client is seen as usual (this may require the client waiting their turn to be seen).
   b. If the client does not have any other concerns, the receptionist asks the nurse to see the client ASAP for over the counter Plan B.
3. The receptionist gives the client a Plan B fact sheet to review while she/he waits for the nurse.
4. The nurse reviews reasons not to take Plan B as per the sales log, and asks the client if any of those reasons apply to the client or if they have any other concerns after reading the fact sheet.
   a. If the client has any concerns or contraindications they should be seen as a regular client; this may mean waiting their turn to be seen.
   b. If the client has no concerns and the Plan B is for themselves, the nurse checks the expiry date and dispenses the Plan B, provides the client with a 1 800 SEX SENSE card and advises the client to read the fact sheet and the package insert.
c. If the Plan B is for someone other than the buyer, the nurse checks the expiry date and dispenses the Plan B, provides the client with a 1 800 SEX SENSE card and fact sheet. The nurse then advises the buyer to direct the person taking Plan B to read the package insert and fact sheet prior to ingesting Plan B, with particular attention to the “Who should not take Plan B” section of the fact sheet.

5. The sales log is then filled out with the date, quantity of packages sold, and whether or not the Plan B was being purchased by a male or in advance of need. The nurse then signs to confirm that the client has been diagnosed, assessed, and provided with a fact sheet.

6. The sale should also be recorded on the clinic day sheet under “supplies”, the client’s name is not necessary in this case.

7. Please send sales logs with your quarterly statistics to head office. Be sure to fill out your clinic’s name on the top of the sales log.

Please note that no more than three (3) Plan B can be dispensed to one person per visit.

*Please also note that a client who has access to Pharmacare may find that Plan B is less expensive at a pharmacy, but perhaps only if the client’s prescriptions are fully covered. In this case, the client would need to be registered with Pharmacare and present at the pharmacy with their prescription. For clients who are accessing Pharmacare for Plan B, they will need to pick up the Plan B in person and be entered into the computer at the pharmacy.

If you have any questions or concerns, please don’t hesitate to call.

Thank you,

Danielle Chard
Director of Clinical Services
Options for Sexual Health

1 OPT would like to gather this data to better understand who is purchasing Plan B and for what purpose.