



Educational DVD to share with patients

Contains the following videos:

- *Be Prepared, Be Protected*
a video about pregnancy prevention
- *Be Aware: The Risk of Pregnancy While On Isotretinoin*
a video about birth defects

Safety Information About Isotretinoin

Important information you should know about isotretinoin.



Please see accompanying complete product information, including CONTRAINDICATIONS, WARNINGS, PRECAUTIONS, and ADVERSE REACTIONS.



iPLEDGE[®]
Committed to Pregnancy Prevention

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- ***Be Prepared, Be Protected***
a video about pregnancy prevention
- ***Be Aware: The Risk of Pregnancy
While on Isotretinoin***
a video about birth defects



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Committed to Pregnancy Prevention

Most Recent Modification:
MONTH YEAR

Safety Information About Isotretinoin



What Is The Most Important Information I Should Know About Isotretinoin?

- Isotretinoin is used to treat a type of severe acne (nodular acne) that has not been helped by other treatments, including antibiotics.
- Because isotretinoin can cause birth defects, isotretinoin is only for patients who can understand and agree to carry out all of the instructions in the iPLEDGE[®] Program.
- Isotretinoin may cause serious mental health problems.

- 1. Birth defects (deformed babies), loss of a baby before birth (miscarriage), death of the baby, and early (premature) births.** Female patients who are pregnant or who plan to become pregnant must not take isotretinoin.

Female patients must not get pregnant:

- For 1 month before starting isotretinoin
- While taking isotretinoin
- For 1 month after stopping isotretinoin

If you get pregnant while taking isotretinoin, stop taking it right away and call your doctor.

Doctors and patients should report all cases of pregnancy to:

- FDA MedWatch at 1-800-FDA-1088, and
- The iPLEDGE Program Pregnancy Registry at 1-866-495-0654

2. Serious mental health problems. Isotretinoin may cause:

- **Depression**
- **Psychosis** (seeing or hearing things that are not real)
- **Suicide**

Some patients taking isotretinoin have had thoughts about hurting themselves or putting an end to their own lives (suicidal thoughts). Some people tried to end their own lives. And some people have ended their own lives.

Stop isotretinoin and call your doctor right away if you or a family member notices that you have any of the following signs and symptoms of depression or psychosis:

- Start to feel sad or have crying spells
- Lose interest in activities you once enjoyed
- Sleep too much or have trouble sleeping
- Become more irritable, angry, or aggressive than usual (for example, temper outbursts, thoughts of violence)
- Have a change in your appetite or body weight
- Have trouble concentrating
- Withdraw from your friends or family
- Feel like you have no energy
- Have feelings of worthlessness or guilt
- Start having thoughts about hurting yourself or taking your own life (suicidal thoughts)
- Start acting on dangerous impulses
- Start seeing or hearing things that are not real

After stopping isotretinoin, you may also need follow-up mental health care if you had any of these symptoms.

What Is Isotretinoin?

Isotretinoin is a medicine taken by mouth to treat the most severe form of acne (nodular acne) that cannot be cleared up by any other acne treatments, including antibiotics.

Isotretinoin can cause serious side effects. (See “**What is the most important information I should know about isotretinoin?**”) Isotretinoin can only be:

- Prescribed by doctors that are registered in the iPLEDGE® Program
- Dispensed by a pharmacy that is registered with the iPLEDGE Program
- Given to patients who are registered in the iPLEDGE Program and agree to do everything required in the Program

What Is Severe Nodular Acne?

Severe nodular acne is when many red, swollen, tender lumps form in the skin. These can be the size of pencil erasers or larger. If untreated, nodular acne can lead to permanent scars.

Who Should Not Take Isotretinoin?

- **Do not take isotretinoin if you are pregnant, plan to become pregnant, or become pregnant during isotretinoin treatment.** Isotretinoin causes severe birth defects. (See “**What is the most important information I should know about isotretinoin?**”)
- Do not take isotretinoin if you are allergic to anything in it.

What Should I Tell My Doctor Before Taking Isotretinoin?

Tell your doctor if you or a family member has any of the following health conditions:

- Mental problems
- Asthma
- Liver disease
- Diabetes
- Heart disease
- Bone loss (osteoporosis) or weak bones
- An eating problem called anorexia nervosa (where people eat too little)
- Food or medicine allergies

Tell your doctor if you are pregnant or breastfeeding. Isotretinoin must not be used by women who are pregnant or breastfeeding.

Tell your doctor about all of the medicines you take including prescription and non-prescription medicines, vitamins, and herbal supplements. Isotretinoin and certain other medicines can interact with each other, sometimes causing serious side effects. Especially tell your doctor if you take:

- **Vitamin A supplements.** Vitamin A in high doses has many of the same side effects as isotretinoin. Taking both together may increase your chance of getting side effects.
- **Tetracycline antibiotics.** Tetracycline antibiotics taken with isotretinoin can increase the chances of getting increased pressure in the brain.

- **Progestin-only birth control pills (mini-pills).** They may not work while you take isotretinoin. Ask your doctor or pharmacist if you are not sure what type you are using.
- **Dilantin (phenytoin).** This medicine taken with isotretinoin may weaken your bones.
- **Corticosteroid medicines.** These medicines taken with isotretinoin may weaken your bones.
- **St. John's Wort.** This herbal supplement may make birth control pills work less effectively.

These medicines should not be used with isotretinoin unless your doctor tells you it is okay.

Know the medicines you take. Keep a list of them to show to your doctor and pharmacist. Do not take any new medicine without talking with your doctor.

How Should I Take Isotretinoin?

You must take isotretinoin exactly as prescribed. You must also follow all the instructions of the iPLEDGE® Program. Before prescribing isotretinoin, your doctor will:

- Explain the iPLEDGE Program to you.
- Have you sign the Patient Information/Informed Consent (for all patients). Female patients who can get pregnant must also sign another consent form.

You will not be prescribed isotretinoin if you cannot agree to or follow all the instructions of the iPLEDGE Program.

- You will get no more than a 30-day supply of isotretinoin at a time. This is to make sure you are following the isotretinoin iPLEDGE Program. You should talk with your doctor each month about side effects.
- The amount of isotretinoin you take has been specially chosen for you. It is based on your body weight, and may change during treatment.
- Take isotretinoin 2 times a day with a meal, unless your doctor tells you otherwise. **Swallow your isotretinoin capsules whole with a full glass of liquid. Do not chew or suck on the capsule.** Isotretinoin can hurt the tube that connects your mouth to your stomach (esophagus) if it is not swallowed whole.
- If you miss a dose, just skip that dose. Do not take 2 doses at the same time.
- If you take too much isotretinoin or overdose, call your doctor or poison control center right away.
- Your acne may get worse when you first start taking isotretinoin. This should last only a short while. Talk with your doctor if this is a problem for you.

- You must return to your doctor as directed to make sure you don't have signs of serious side effects. Your doctor may do blood tests to check for serious side effects from isotretinoin. Female patients who can get pregnant will get a pregnancy test each month.
- Female patients who can get pregnant must agree to use 2 separate methods of effective birth control at the same time 1 month before, while taking, and for 1 month after taking isotretinoin. **You must access the iPLEDGE Program system to answer questions about the Program requirements and to enter your 2 chosen methods of birth control.** To access the iPLEDGE Program system, go to www.ipledgeprogram.com or call 1-866-495-0654.

You must talk about effective birth control methods with your doctor or go for a free visit to talk about birth control with another doctor or family planning expert. Your doctor can arrange this free visit, which will be paid for by the company that makes isotretinoin.

If you have sex at any time without using 2 methods of effective birth control, get pregnant, or miss your expected period, stop using isotretinoin and call your doctor right away.

What Should I Avoid While Taking Isotretinoin?

- **Do not get pregnant** while taking isotretinoin and for 1 month after stopping isotretinoin. (See “**What is the most important information I should know about isotretinoin?**”)
- **Do not breastfeed** while taking isotretinoin and for 1 month after stopping isotretinoin. We do not know if isotretinoin can pass through your milk and harm the baby.
- **Do not give blood** while you take isotretinoin and for 1 month after stopping isotretinoin. If someone who is pregnant gets your donated blood, her baby may be exposed to isotretinoin and may be born with birth defects.
- **Do not take other medicines or herbal products** with isotretinoin unless you talk to your doctor. (See “**What should I tell my doctor before taking isotretinoin?**”)
- **Do not drive at night until you know if isotretinoin has affected your vision.** Isotretinoin may decrease your ability to see in the dark.

- **Do not have cosmetic procedures to smooth your skin, including waxing, dermabrasion, or laser procedures, while you are using isotretinoin and for at least 6 months after you stop.** Isotretinoin can increase your chance of scarring from these procedures. Check with your doctor for advice about when you can have cosmetic procedures.
- **Avoid sunlight and ultraviolet lights** as much as possible. Tanning machines use ultraviolet lights. Isotretinoin may make your skin more sensitive to light.
- **Do not share isotretinoin with other people.** It can cause birth defects and other serious health problems.

What Are The Possible Side Effects of Isotretinoin?

- **Isotretinoin can cause birth defects (deformed babies), loss of a baby before birth (miscarriage), death of the baby, and early (premature) births.** (See “What is the most important information I should know about isotretinoin?”)
- **Isotretinoin may cause serious mental health problems.** (See “What is the most important information I should know about isotretinoin?”)
- **Serious brain problems.** Isotretinoin can increase the pressure in your brain. This can lead to permanent loss of eyesight and, in rare cases, death. Stop taking isotretinoin and call your doctor right away if you get any of these signs of increased brain pressure:
 - Bad headache
 - Blurred vision
 - Dizziness
 - Nausea or vomiting
 - Seizures (convulsions)
 - Stroke
- **Skin problems.** Skin rash can occur in patients taking isotretinoin. In some patients a rash can be serious. Stop using isotretinoin and call your doctor right away if you develop conjunctivitis (red or inflamed eyes, like “pink eye”), a rash with fever, blisters on legs, arms or face and/or sores in your mouth, throat, nose, eyes, or if your skin begins to peel.
- **Stomach area (abdomen) problems.** Certain symptoms may mean that your internal organs are being damaged. These organs include the liver, pancreas, bowel (intestines), and esophagus (connection between mouth and stomach).

If your organs are damaged, they may not get better even after you stop taking isotretinoin. Stop taking isotretinoin and call your doctor if you get:

- Severe stomach, chest, or bowel pain
- Trouble swallowing or painful swallowing
- New or worsening heartburn
- Diarrhea
- Rectal bleeding
- Yellowing of your skin or eyes
- Dark urine

• **Bone and muscle problems.** Isotretinoin may affect bones, muscles, and ligaments and cause pain in your joints or muscles. Tell your doctor if you plan hard physical activity during treatment with isotretinoin. Tell your doctor if you get:

- Back pain
- Joint pain
- A broken bone. Tell all healthcare providers that you take isotretinoin if you break a bone.

Stop isotretinoin and call your doctor right away if you have muscle weakness. Muscle weakness with or without pain can be a sign of serious muscle damage.

Isotretinoin may stop long bone growth in teenagers who are still growing.

- **Hearing problems.** Stop using isotretinoin and call your doctor if your hearing gets worse or if you have ringing in your ears. Your hearing loss may be permanent.
- **Vision problems.** Isotretinoin may affect your ability to see in the dark. This condition usually clears up after you stop taking isotretinoin, but it may be permanent. Other serious eye effects can occur. Stop taking isotretinoin and call your doctor right away if you have any problems with your vision or dryness of the eyes that is painful or constant. If you wear contact lenses, you may have trouble wearing them while taking isotretinoin and after treatment.
- **Lipid (fats and cholesterol in blood) problems.** Isotretinoin can raise the level of fats and cholesterol in your blood. This can be a serious problem. Return to your doctor for blood tests to check your lipids and to get any needed treatment. These problems usually go away when isotretinoin treatment is finished.

- **Serious allergic reactions.** Stop taking isotretinoin and get emergency care right away if you develop hives, a swollen face or mouth, or have trouble breathing. Stop taking isotretinoin and call your doctor if you get a fever, rash, or red patches or bruises on your legs.
- **Blood sugar problems.** Isotretinoin may cause blood sugar problems including diabetes. Tell your doctor if you are very thirsty or urinate a lot.
- **Decreased red and white blood cells.** Call your doctor if you have trouble breathing, faint, or feel weak.
- **The common, less serious side effects of isotretinoin** are dry skin, chapped lips, dry eyes, and dry nose that may lead to nosebleeds. Call your doctor if you get any side effect that bothers you or that does not go away.

These are not all of the possible side effects with isotretinoin. Your doctor or pharmacist can give you more detailed information.

Call your doctor for medical advice about side effects.
You may report side effects to FDA at 1-800-FDA-1088.

How Should I Store Isotretinoin?

- Store isotretinoin at room temperature. Protect from light.
- **Keep isotretinoin and all medicines out of the reach of children.**

General Information About Isotretinoin

Do not use isotretinoin for a condition for which it was not prescribed. Do not give isotretinoin to other people, even if they have the same symptoms that you have. It may harm them.

This safety section summarizes the most important information about isotretinoin. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about isotretinoin that is written for healthcare professionals. You can also call iPLEDGE® Program at 1-866-495-0654 or visit www.ipledgeprogram.com.





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For iPLEDGE[®] Program Information

Web site: www.ipledgeprogram.com
Phone system: **1-866-495-0654**



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WARNING

Isotretinoin must not be used by female patients who are or may become pregnant. There is an extremely high risk that severe birth defects will result if pregnancy occurs while taking isotretinoin in any amount, even for a short period of time. Potentially any fetus exposed during pregnancy can be affected. There are no accurate means of determining whether an exposed fetus has been affected.

IMPORTANT NOTICE

Use only isotretinoin products approved by the US Food and Drug Administration.

Obtain isotretinoin prescriptions *only* from pharmacies that are licensed in the United States and are registered with and activated in the iPLEDGE Program.

Be Aware Video Script

Opening Segment

“ISOTRETINOIN CANNOT BE TAKEN BY WOMEN WHO ARE PREGNANT, BECAUSE ISOTRETINOIN CAN CAUSE SEVERE BIRTH DEFECTS OR DEATH TO AN UNBORN BABY.

In this video we will see what can happen to an unborn baby if the baby’s mother takes isotretinoin.

A woman must not take isotretinoin at any time during pregnancy.

Storyboard P2

Isotretinoin is usually prescribed for males and females to treat the most severe form of acne called nodular acne. This type of acne cannot be cleared up by any other acne treatments, including antibiotic pills. Nodular acne has many red, swollen, tender lumps that form in the skin. These lumps are the size of a pencil eraser or larger and can result in permanent scars if not treated.

Because of serious side effects and birth defects, patients should use isotretinoin only if other treatments including antibiotic pills have not worked.

Storyboard P3

“FEMALE PATIENTS MUST NOT TAKE ISOTRETINOIN IF THEY ARE PREGNANT, PLAN TO BECOME PREGNANT OR BECOME PREGNANT DURING THERAPY. TO AVOID PREGNANCY, WOMEN MUST USE TWO FORMS OF EFFECTIVE CONTRACEPTION ONE MONTH BEFORE STARTING ISOTRETINOIN, WHILE TAKING ISOTRETINOIN, AND FOR ONE MONTH AFTER STOPPING ISOTRETINOIN UNLESS THEY ARE ABSOLUTELY ABSTINENT, NEVER HAVING SEX, OR HAVE HAD THEIR UTERUS OR WOMB REMOVED”.

Storyboard P4

“ISOTRETINOIN CAPSULES BREAK DOWN IN THE BODY AND THE MEDICINE ENTERS INTO THE BLOODSTREAM

Storyboard P5

“AND THE BLOOD IS CARRIED INTO THE PLACENTA WHERE IT REACHES THE UNBORN FETUS.

The medicine can cause severe birth defects.”

Storyboard P6

“It is highly possible that the unborn baby may die because the baby’s mother took isotretinoin.”

Storyboard P7

“If the fetus lives, as the fetus develops, several birth defects can begin to take place.

These birth defects may be caused by taking isotretinoin during pregnancy”.

Storyboard P8

“One of these birth defects may be abnormal skull development”. “Use of isotretinoin during pregnancy may cause an under development or over development of the skull”.

Storyboard P9

“Development of the ears may also be affected”. “The ears may not fully develop if isotretinoin is used during pregnancy. The outer ear may be deformed and the ear canal may be very small or absent entirely causing deformity”.

Storyboard P10

“The eyes also may not develop fully”.

“The eye socket may be very small or not develop at all causing facial deformity

Storyboard P11

“As face structure begins to form the fetus can have a flattening of the nose and a twisting of the mouth. These birth defects could happen from using isotretinoin during pregnancy”.

Storyboard P12

“The baby may also be born with a separation of the roof of the mouth and sometimes the lips which is known as a cleft palate”.

Storyboard P13

IN ADDITION TO THE VISIBLE DEFECTS, SEVERAL INTERNAL SERIOUS AND LIFE-THREATENING BIRTH DEFECTS MAY DEVELOP IN THE HEART AND IN THE ENTIRE HEART AND BLOOD FLOW SYSTEM.

One of these defects can include an abnormal heart that has the arteries and veins in the wrong position.

Storyboard P14

“The system that helps to fight infection may also be affected. One of the glands in this system - the thymus gland may not develop and the baby then would have trouble fighting infections.” “In addition, another gland -the parathyroid gland may not develop. The parathyroid gland helps the baby to form bones by controlling the amount of calcium in the body.

Storyboard P15

Brain and nervous system defects including an abnormal brain may occur...” OR AN UNDERDEVELOPMENT OF THE BRAIN. IT HAS ALSO BEEN REPORTED THAT SOME CHILDREN HAVE LOW IQ SCORES”.

Storyboard P17

In summary, taking isotretinoin during pregnancy can result in any or all of these birth defects:

The skull may over- or under- develop.

FACIAL DYSMORPHIA CAN OCCUR, CAUSING A FLATTENING OF THE NOSE AND DISTORTION OF FACIAL STRUCTURE.

Enlargement of the brain may occur.

Eye sockets may be very small or not develop at all.

The brain can also under-develop.

Ears may not fully develop.

The thymus gland may not develop, affecting an infant's ability to fight off disease.

Abnormalities in the heart and entire cardiac system can be life threatening.

A cleft palate may form.

Storyboard P18

UNLIKE THE BIRTH DEFECTS THAT ARE SEEN IN THE BABIES WHEN MOTHERS TAKE ISOTRETINOIN, THERE IS NO PATTERN OF BIRTH DEFECTS WHEN FATHERS TAKE ISOTRETINOIN.

“But men who take isotretinoin should be careful in other ways.” Men might not realize that they should not donate blood during, and for a period of one month following, the end of their isotretinoin treatment”.

Storyboard P19

“As discussed earlier, isotretinoin is carried through the bloodstream and a pregnant woman could, unknowingly accept a blood transfusion from a man or a woman who took isotretinoin. The blood and medicine could then pass into the placenta possibly harming an unborn baby”.

Therefore, it is extremely important that both men and women taking isotretinoin do not donate blood during treatment and for a period of at least one month following the end of their isotretinoin treatment.

Storyboard P20

“Neither men nor women should *ever* share their isotretinoin with another woman...”

Storyboard P21

“...BECAUSE OF THE RISK THAT SHE MAY BE PREGNANT.”

“No one should ever share any medicine with anyone else, because the medicine may harm the other person.”

Black Box

YOU MUST NOT BECOME PREGNANT WHILE TAKING ISOTRETINOIN, OR FOR ONE MONTH AFTER YOU STOP TAKING ISOTRETINOIN.

Isotretinoin can cause severe birth defects in babies of women who take it while they are pregnant, even if they take isotretinoin for only a short time.

There is an extremely high risk that your baby will be deformed or will die if you are pregnant while taking isotretinoin. Taking isotretinoin also increases the chance of miscarriage and premature births.

Female patients will not get their first prescription for isotretinoin unless there is proof they have had two negative pregnancy tests. The first test must be done when your prescriber decides to prescribe isotretinoin. The second pregnancy test must be done during the first five days of the menstrual period right before starting isotretinoin therapy, or as instructed by your prescriber. Each month of treatment, you must have a negative result from a urine or serum pregnancy test. Female patients cannot get another prescription for isotretinoin unless there is proof that they have had a negative pregnancy test.

WHILE YOU ARE TAKING ISOTRETINOIN, YOU MUST USE EFFECTIVE BIRTH CONTROL. YOU MUST USE 2 SEPARATE, EFFECTIVE FORMS OF BIRTH CONTROL AT THE SAME TIME FOR AT LEAST ONE MONTH BEFORE STARTING ISOTRETINOIN, WHILE YOU TAKE IT, AND FOR ONE MONTH AFTER YOU STOP TAKING IT. YOU CAN EITHER DISCUSS EFFECTIVE BIRTH CONTROL METHODS WITH YOUR PRESCRIBER OR GO FOR A FREE VISIT TO DISCUSS BIRTH CONTROL WITH ANOTHER PHYSICIAN OR FAMILY PLANNING EXPERT. YOUR PRESCRIBER CAN ARRANGE THIS FREE VISIT, WHICH WILL BE PAID FOR BY THE MANUFACTURER.

You must use two separate forms of effective birth control because any method, including birth control pills and sterilization, can fail. There are only 2 reasons that you would not need to use 2 separate methods of effective birth control:

- 1. You have had your womb removed by surgery– a hysterectomy or
- 2. You are absolutely certain you will not have genital-to-genital sexual contact with a male before, during and for one month after isotretinoin treatment.

IF YOU HAVE SEX AT ANY TIME WITHOUT USING TWO FORMS OF EFFECTIVE BIRTH CONTROL, GET PREGNANT, OR MISS YOUR PERIOD, STOP USING ISOTRETINOIN AND CALL YOUR PRESCRIBER RIGHT AWAY.

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Be Prepared, Be Protected

VIDEO SCRIPT

SCENE 1: ABSTINENCE

FEMALE 1: I thought I was abstinent. I guess I didn't know what abstinence really means. Now I do.

ANNOUNCER: It's important to know what abstinence means. Not having sex. Not once, twice, or ever. Just because you're not having sex now, doesn't mean you will always be abstinent. You're only abstinent if you know you won't be tempted to have sex. And this becomes especially important when you are taking a drug that may cause birth defects to your unborn baby. Think about it: Are you *really* abstinent?

SCENE 2: UNPREPARED PREGNANCY

FEMALE 2: I can't believe I'm pregnant. It was just that one time. And I have been so careful. This can't be right.

ANNOUNCER: You have to be sure if you are having sex at any time you can't use any excuses. It doesn't matter if your periods are irregular, or if you think you can't get pregnant, or if you don't have sex frequently. And if you are on a medication that could be harmful to your unborn baby, you need to be especially and extremely careful. Once can be enough.

SCENE 3: WITHDRAWAL

FEMALE 3: We used withdrawal for a long time. But this time withdrawal just didn't work.

ANNOUNCER: Withdrawal is unreliable. Use effective birth control such as the contraceptive pill, diaphragm, condom, and if you are taking a medication that may cause birth defects to your unborn baby, use a combination of two. If you don't like the pill, you have other options such as long lasting contraceptive implants, injectables, and intrauterine devices—IUDs. Always practice safe birth control using reliable effective methods to avoid pregnancy.

SCENE 4: BEING UNPREPARED

FEMALE 4: This is so nice. (Thoughts of Female 4) *I didn't think this would happen. I mean at least not tonight. I'm so surprised and unprepared.*

ANNOUNCER: Be prepared and protected. Think about it before hand. You may have sex and you might get pregnant? Don't assume your partner will take responsibility. And if you are on a medication that may cause birth defects—think about your unborn baby. Be prepared and ready to use reliable effective forms of birth control.

SCENE 5: BIRTH CONTROL CAN FAIL

FEMALE 5: I can't believe this. There's a hole in my diaphragm. What if I get pregnant? What am I going to do?

ANNOUNCER: Your doctor or nurse can help you find out if you are really pregnant. If you are, they can give you advice. Always make sure your birth control is reliable and effective. And if you are on a drug that may cause birth defects, be sure you are doubly protected.

If you have any questions you should speak to your doctor or nurse. Carefully follow instructions provided by your prescriber, and consult with them if you have any questions about pregnancy, birth control, or your medical treatment.

[TYPE—NO VOICE]

Frame 1:

Complete Contraceptive Certainty = Be prepared Be protected

Frame 2:

You have just seen five scenarios with the most common reasons women have unwanted or ill-timed pregnancies.

Frame 3:

If you are not being completely abstinent, then

- Use birth control regularly
- Use the most effective types of birth control
- Be sure the method you choose is reliable
- Be prepared and be protected

Frame 4:

Brought to you as an educational service.