

Emergency Contraception

Emergency Contraception (EC) is contraception used after a sexual encounter where either birth control wasn't used or there are concerns it wasn't used correctly. There are several types, including IUDs (intrauterine device) and pills.

Types of Emergency Contraception	How well does it work?	How soon do I have to use it?	How do I use it?	Where can I get it?
ella	May be less effective if over 195 pounds. <i>Try an IUD</i>	ASAP, up to 5 days after unprotected sex	Take the pill as soon as you get it <i>Remember to use it every time you have unprotected sex.</i>	From a health care provider, prescription needed <i>Get an extra pack for future use</i>
Plan B One-Step or a generic	May be less effective if over 165 pounds. <i>Try ella or an IUD</i>	ASAP, up to 5 days after unprotected sex Works better the sooner you take it	Take the pill(s) as soon as you get it <i>Remember to use it every time you have unprotected sex.</i>	At a pharmacy, no prescription needed, but insurance may cover if prescribed. <i>Get an extra pack for future use</i>
Copper IUD (intra uterine device)	Almost 100% effective	Within 5 days	It's placed in the uterus by a health care provider <i>Keeps working as effective birth control.</i>	From a health care provider <i>Say it's for EC so you get scheduled quickly</i>

How it works:

The morning after pill does not cause an abortion. It prevents pregnancy from ever occurring. It prevents or delays ovulation and may inhibit fertilization by interfering with sperm function. It will not affect existing pregnancies. Copper IUDs work by releasing copper into the uterus and fallopian tubes, which acts as a spermicide.

Side effects may include:

Copper IUD	Pills
Discomfort with insertion, cramping, spotting and heavier periods, dizziness	Nausea, abdominal pain, unexpected bleeding or spotting, fatigue, headache, dizziness, vomiting, breast tenderness <i>* If you vomit within two hours of taking emergency hormonal contraception, call a healthcare professional</i>

Take a pregnancy test if you haven't gotten your period **within three weeks** after taking the morning-after pill. You can have sex immediately after taking hormonal emergency contraception, but the pill does not protect against future acts of unprotected sex. Consider making a birth control plan before having sex again. Ask your provider about when you can have sex after having an IUD inserted; they may recommend a short waiting period to minimize the risk of infection.

PATH4YOU can assist you with getting emergency contraception, making a birth control plan, and getting the birth control of your choice at no cost! Visit us at path4you.org