

EMERGENCY CONTRACEPTION 101

✓ WHAT EC IS:

- A pill used to prevent pregnancy after unprotected sex or birth control failure
- Prevents or delays ovulation (egg release)
- Reduces the chance of fertilization (a sperm cell joins with an egg cell)
- Safe and effective if taken within 72 hours after sex (works best the sooner it's taken)
- Available over-the-counter (no prescription needed)
- Does *not* affect your ability to get pregnant in the future

✗ WHAT EC IS NOT:

- Not an abortion pill (it cannot end/harm a pregnancy that's already started)
- Not protection against STIs
- Not the same effectiveness for everyone (less effective for people over 165-175 lbs and above)
- Cannot be "doubled" or taken twice to increase effectiveness

? QUICK FAQ:

Q: How well does it work?

A: EC lowers the risk of pregnancy by about 75-89% when taken up to 5 days after unprotected sex. Levonorgestrel EC (all EC brands but for ella) works better the sooner you take it, which is why it is helpful to have it before you need it. Ulipristal Acetate (Ella) which is available by prescription only works the same on Day 1 as Day 5 and is more effective if you weigh over 165lbs.

Q: What side effects should I expect?

A: Some people feel nausea, fatigue, or changes in their period. Side effects are usually mild and short-lived. If you vomit within 2 hours, it may not have worked. You may need to take another dose.

Q: How much does it cost?

A: Prices vary at pharmacies, but PATH4YOU offers free levonorgestrel EC to anyone in Indiana. Simply scan the QR code, answer a few questions, and we will mail you two boxes within 3-5 business days (order *before* you need it) – all for free

