

I need Emergency Contraception.

Remember

EC may still work up to 5 days (120 hours) after you've had unprotected sex but works best the sooner you take it.

- The directions on the package may say to take the pills 12 hours apart, BUT
 - that is harder to do AND
 - good research shows that the pills work just as well if you take them both at the same time.

After taking EC pills, some women:

- feel sick to their stomach
- feel like throwing up (vomiting)
- are dizzy or tired
- have stomach pain, sore breasts, or headaches

If you throw up after taking your pills, call your doctor or pharmacist. You should get your period a month (or sooner) after taking EC. **If you don't get your period in a month, take a pregnancy test.**

EC is a good second chance to prevent pregnancy if you had sex without birth control or had problems using your regular method. After you use EC, talk with your health care professional to find the best type of birth control for you to use as a regular method in the future. Visit www.arhp.org to learn about all the methods that are available.

Made possible by a grant from Duramed Research, Inc., a subsidiary of Barr Pharmaceuticals.
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Association of
Reproductive
Health
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Your Post-Sex Guide to NOT Getting Pregnant



Facts about Emergency Contraception (EC)

Who is Emergency Contraception (EC) for?

EC is for a woman who:

- had sex without using birth control **OR** had trouble using her regular method (missed pills, broken condom, etc.)

AND

- does **NOT** want to get pregnant.

What is EC?

- EC is 2 pills containing the same hormone used in many birth control pills (called levonorgestrel).
- EC is also known as Plan B or the Morning After Pill.

How does EC work?

- EC works like regular birth control pills. If you are already pregnant, EC will not work.

EC works best the sooner a woman takes it. Take EC as soon as possible after having unprotected sex. EC may still work up to 5 days (120 hours) after you've had unprotected sex.

- EC does **NOT** have to be taken in the morning. A woman can take it any time **AND** should take it as soon as she can.

EC will:

- **NOT** protect you from sexually transmitted infections or HIV/AIDS.
- **NOT** be effective if you are already pregnant.
- **NOT** cause harm if you are already pregnant.

How do I take EC?

Take *both* EC pills as soon as you can.

Where can I get EC?

If you are 18 or older:

- You can get EC without a prescription from most drugstores. EC is stocked behind the counter, so you will need to ask for it. If you're uncomfortable asking for EC, hand the pharmacist the "I need EC" tear-off sheet from this brochure. You may be asked to show proof (ID) of your age. **Both women and men can purchase EC.**

If you are 17 or younger:

- In most states, you will need a prescription from a health care professional (doctor, nurse practitioner, physician assistant, midwife) to get EC. You then take the prescription to your drugstore to get EC.
- If you live in Alaska, California, Hawaii, Maine, Massachusetts, Montana, New Hampshire, New Mexico, Vermont, or Washington, you may be able to get EC from a pharmacist without seeing a health care professional first. Call your local drugstore to see if you can get EC without a prescription.
- Family planning clinics, like Planned Parenthood (www.plannedparenthood.com), may give you EC for less money than drugstores. Call your local clinic to see if it has EC.
- To find health care professionals near you who will give you a prescription for EC, go to www.not-2-late.com or make a free phone call to **1-888-NOT-2-LATE**.

HAND THIS SHEET TO YOUR PHARMACIST

I need Emergency Contraception.

