

All About Emergency Contraception Pills (EC)

Clinic Phone # _____ 24 Hour emergency phone # _____

What is emergency contraception?

Emergency contraception is pills that contain the hormones that are in regular birth control pills. One common brand is Plan B.

How do emergency contraception pills (EC) work?

- EC works like regular birth control pills by keeping the woman's egg from leaving the ovary.
- It may also prevent the sperm from getting to the egg or the egg from attaching to the uterus.
- EC lowers the chance that you will become pregnant
- **EC will not** stop a pregnancy that has already started.
- EC **is not** the abortion pill.
- **EC will not** harm a developing baby if you are already pregnant.

When should I use emergency contraception?

You need to take emergency contraception pills within 72-120 hours (3-5 days) of the time you have had sex without protection for any reason. Reasons you may want to consider emergency contraception pills may include:

- The condom broke or slipped off.
- You forgot to take your birth control pills two days in a row.
- Your diaphragm slipped out of place.
- Your IUD came out.
- Your NuvaRing came out and has been out of your body for longer than 3 hours when you had sex.
- Your birth control patch came off and you did not put a new one on.
- You were not using any birth control method.
- You were forced to have sex.

How do I use emergency contraception?

- Take both pills at the same time or as directed.

What are the side effects of Emergency Contraception?

Side effects may include:

- Your next period may come late
- Headache or dizziness
- Tiredness
- Tenderness in your breasts
- Nausea
- Vomiting
- If you have vomiting, call your clinic for advice

Emergency contraception does not protect you from HIV (the AIDS virus) and other diseases you could get from having sex. Use condoms to protect yourself from these diseases.

What are some other things I should know about Emergency Contraception?

- It is a safe method that works well to prevent a pregnancy in an emergency.
- It will not harm a developing baby if you are already pregnant.
- You can use it even if you are breastfeeding.
- You can use it even if you have a history of blood clots.
- It is easy to use.
- If you do not have a method, as soon as possible, begin using a regular contraceptive method

Remember: If you are already pregnant, Emergency Contraception will not work. Use condoms and/or another form of birth control the next time you have sex. Return to the clinic for a pregnancy test if you have not started your period within 3-4 weeks.