

EMERGENCY CONTRACEPTION



So you don't want to get pregnant/conceive.

YOU HAVE OPTIONS!



EMERGENCY CONTRACEPTION

	When to take it	Effectiveness	Prescription/OTC	Brand Names
Copper IUD	<ul style="list-style-type: none"> Can be inserted up to 5 days after unprotected sex to prevent pregnancy Can stay in for as long as 12 years 	<ul style="list-style-type: none"> 99.9% effective 	<ul style="list-style-type: none"> Does not prevent or cure STIs if contracted during unprotected sex 	Paragard
Plan B (Levonorgestrel - synthetic progesterone)	<ul style="list-style-type: none"> Can be taken up to 72 hours after unprotected sex 	<ul style="list-style-type: none"> Within 24 hours: 95% effective Within 72 hours: 89% effective Less effective the longer you wait to take it 	<ul style="list-style-type: none"> Over the counter (drug stores, pharmacies, superstores) Plan B: \$40-50 Other brands: \$11-45 Planned Parenthood: Free or low cost 	Plan B One Step, Take Action, My Way, Option 2, Preventeza, AfterPill, My Choice, Aftera, EContra...
Ella (Ulipristal acetate)	<ul style="list-style-type: none"> Take up to 5 days after unprotected sex 	<ul style="list-style-type: none"> Within 5 days: 85% effective Take it ASAP 	<ul style="list-style-type: none"> Prescription Can buy online \$40-90 	Ella

FAST FACTS

- Ella is more effective than Plan B, no matter when you take it.
- The copper IUD is the best at preventing pregnancy, and it works as well on day five as it does on day one.
- Plan B is usually the easiest to get.
- Plan B and the copper IUD won't affect your breastmilk.
- If you use Ella, you'll need to pump and throw away your breastmilk for 36 hours after taking it.

REMEMBER...

Emergency contraception does NOT end a pregnancy, it prevents a pregnancy from beginning.

Before taking emergency contraception, you should talk to a trusted adult or health care provider.



IN CASE YOU MISSED IT...

If you weigh **195 pounds or more**, Ella may not work as well.

If you weigh **155 pounds or more**, levonorgestrel morning-after pills (like **Plan B**) may not work.

Copper IUD works for people of any weight.

Taking the morning-after pill multiple times is safe and won't hurt you, but it's not a good idea to use the morning-after pill as your go-to method of birth control.

Compared to other birth control methods, the morning after pill is less effective, more expensive, less convenient, and has more annoying (but harmless) side effects.