

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