

EMERGENCY CONTRACEPTION

Emergency contraception (EC) is safe and effective at preventing pregnancy after unprotected sex, but you must act quickly

EMERGENCY CONTRACEPTIVE PILLS

Emergency contraception (EC) is a safe and effective way to prevent pregnancy when your normal birth control fails, or you have unprotected sex.

Women can take emergency contraceptive pills up to 5 days after unprotected sex, but the sooner they are taken, the better they will work.

IS IT RIGHT FOR ME?

Let's face it: accidents happen. Did you have sex without a condom? Did you forget to take your birth control? Did the condom break? If you can answer yes to any of those questions, emergency contraception might be good for you.

You might also consider EC if you've been raped or had sex with someone who refused to use another form of contraception.

HOW MUCH DOES EC COST?

For anyone over the age of 17, over-the-counter EC costs \$35.

For anyone under the age of 17, purchasing EC will also include the additional cost of visiting the doctor's office.

If you go to the Planned Parenthood clinic, the co-pay can be as low as \$10

If you visit a tribal health or IHS clinic, the cost of the visit is often free or low cost, and the cost of the EC might be covered entirely depending on where you live.

WHERE CAN YOU GET IT?

EC is available over-the-counter (without a prescription) for women 17 or older - that means no appointment is needed! Women younger than 17 can purchase EC with a prescription.

FACTS ABOUT EC PILLS

- They are safe to use
- Women have been using them for over 30 years
- They offer protection and peace of mind after a "whoops" moment
- They prevent pregnancy by preventing ovulation (the release of an egg). Or they prevent fertilization (the joining of egg and sperm). EC is not "abortion pills" because they stop you from getting pregnant in the first place.
- Plan B is a common brand of emergency contraception
- Plan B works like birth control pills, but at a higher dose taken for a short period
- Some women who use EC experience an upset stomach, dizziness, headaches, and other side effects. If you experience any of these side effects, they usually go away after 24 hours. If not, talk to your healthcare provider.

KEEP SOME ON HAND

The EC is more effective the sooner you take it. So take it quickly. It is not a bad idea to keep some EC on hand if you need it. EC typically has a shelf life of up to 3 years, so make sure to check the expiration date before using it and throw out old EC because it may not work as effectively if it's beyond the expiration date.

FOR MORE INFORMATION

For additional information about emergency contraception visit:

- www.plannedparenthood.org
- www.weRnative.org
- www.gbtchb.org

