



EC101: YOUR GUIDE TO EMERGENCY CONTRACEPTION



What is EC?

Emergency Contraception (EC)* prevents pregnancy before it happens.

- EC is sometimes called the morning-after pill or Plan B.
- EC is not the same as the abortion pill, which ends a pregnancy. EC is similar to regular birth control.
- It can prevent pregnancy up to 5 days after sex if contraception isn't used or doesn't work, or in cases of sexual assault. It's best to use it as soon as possible after sex.

There are two kinds of EC pills:

- Progestin-only EC (such as Plan B One-Step®, Take Action®, and others) is available without prescription on store shelves.
- Ulipristal acetate EC (ella®) is available only by prescription.



Is EC safe?

Yes, EC is extremely safe.

- EC pills are safer than many other non-prescription drugs, such as Tylenol®.
- Side effects (such as nausea, headache, and changes to the next period) are generally mild and go away on their own. Many people don't experience any side effects at all.
- EC won't harm or end a pregnancy if someone takes it when they are already pregnant.
- Taking EC – even multiple times within the same month or year – does not affect future fertility.



How does EC work?

EC prevents or delays ovulation (release of an egg from the ovary).

- If there's no egg, there's nothing for sperm to fertilize and pregnancy can't occur.
- If someone is already pregnant, taking EC will not harm or end the pregnancy.
- The different types of EC pills should not be used together - they could cancel each other out.

** This fact sheet focuses on EC pills. However, a copper IUD inserted within 5 days after unprotected sex can also be used as EC and can prevent pregnancy for at least 12 years if kept in place.*



How effective is EC at preventing pregnancy?

The exact effectiveness of EC is hard to calculate, but here are some things to know:

- ella® is more effective than Plan B One-Step® and other non-prescription brands. EC pills may not work as well for people with higher body weight.
 - Plan B One-Step® and other OTC brands may be ineffective for people over 165 lbs.
 - Some research suggests that taking two doses of Plan B One-Step® may be effective for those in this weight range; it won't hurt, and it might help.
 - ella® is a more effective option, but may not work for people over 195 lbs.
- EC is an important option that should be available to everyone, but it isn't meant to be a long-term substitute for regular contraception because it's not as effective.
- Don't use both kinds of EC pills – they could cancel each other out.



Where is EC available?

EC is available at pharmacies, stores, and online.

- Progestin-only EC (Plan B One-Step®, Take Action® and others) is available without prescription on store shelves.
 - There are no age or gender restrictions. Anyone of any age can buy it and no one should be asked for ID.
 - Some stores still keep EC behind the counter or ask for ID, even though that's no longer required by government regulations.
- ella® is prescription-only – call your doctor or go to a family planning clinic. You can also get a prescription for Plan B One-Step® (and its generic forms) if you need it to get insurance coverage.
- Both types of EC pills can be prescribed and ordered online through services such as Nurx or Planned Parenthood Direct.
- Not all online EC providers offer next-day delivery; since EC is more effective the sooner it is taken, it's a great idea to have EC on hand before you need it.



How much does EC cost?

EC can be expensive, and the price may be a barrier.

- The non-prescription type of EC (Plan B One-Step®, Take Action® and others) costs:
 - \$35-\$50 in stores
 - \$11-\$25 online, often without next-day shipping.
- ella® costs \$45-\$50 without insurance.
- Both types of EC pills should be covered by insurance, but in most states, you need a prescription for insurance coverage (even for the non-prescription type of EC like Plan B).



Why does access matter?

The sooner you take EC after sex, the more likely it is to work.

- EC provides a last chance to prevent pregnancy after unprotected sex, coerced sex, or sexual assault.
- Sexual violence on campus is common and often unreported.
- You have the right to access EC when you need it.
You deserve privacy when taking care of your reproductive health needs.
- Everyone should have access to EC, regardless of gender.
 - Purchasing EC when it's needed is important way for men to share responsibility for pregnancy prevention.
 - Transgender individuals may be at risk for pregnancy, and should be able to get EC any time they need it.

The bottom line:

EC is a safe, effective way to prevent pregnancy after unprotected sex or sexual assault. Learn about your options and considering keeping EC on hand before you need it. Contact the American Society for Emergency Contraception (kelly@americansocietyforec.org) for more information about EC.