



EMERGENCY CONTRACEPTION



Get the Facts!

WHAT IS EC?

Emergency contraception (EC), a.k.a the morning-after pill, is safe and effective birth control used after unprotected sex or sexual assault.

There are TWO types of EC Pills

Levonorgestrel* (LNG)

*Plan B One-Step® & generics like Julie® & Option 2®

- Over-the-counter for everyone, no need for prescription or ID
- Can be sold in vending machines or handed out by individuals
- May be less effective if you weigh >165 lbs

Ulipristal Acetate*

*ella®

- Most effective EC pill available
- Prescription-only
- May be less effective if you weigh >194 lbs

THE BASICS



- Levonorgestrel EC is sold over-the-counter - no prescription needed!
- Check the expiration date on your EC package - don't take it if it's expired.
- If you are still concerned about pregnancy, take a home pregnancy test and follow up with a healthcare provider.
- EC **prevents** pregnancy by delaying ovulation (release of the egg), if there's no egg, pregnancy can't occur.
- EC is **NOT** an abortion pill. If you need information about abortion, go to www.plancpills.org or www.ineedana.com.



Take EC Pills ASAP
within 5 days - it's more likely to work the sooner you take it.

IS EC 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.
- Taking EC, even multiple times within the same month or year, does not affect future fertility
- EC won't harm or end a pregnancy if someone takes it when they are already pregnant
- LNG EC can be safely taken while using other hormonal contraceptives. Ulipristal acetate EC can cancel out hormonal contraception so consult a health care provider before starting or continuing birth control.

SCAN FOR MORE INFO





EFFECTIVENESS AND BODY WEIGHT

LNG EC may not work if you weigh 165+ lbs, or have a BMI of 26+. Some research shows that the prescription-only EC pill (ella) or copper-T IUD, both available from healthcare providers, may be more effective.

HOW TO GET EC



- Levonorgestrel EC (Plan B One-Step®, Take Action®, and others) is available without a prescription on store shelves
 - No age or gender restrictions! Anyone can buy it and no one should be asked for ID.
 - Some stores may keep EC behind the counter, even though that's no longer required.
 - Connect with your local student group to learn more about where EC is accessible in your community and product availability on campus
- Ulipristal acetate EC (ella®) and IUDs can be accessed through a healthcare provider as they require a prescription.

LEARN MORE

For more information about emergency contraception and sexual + reproductive health visit:

www.bedsider.org

If you (or a friend) have experienced:

- *sexual coercion or violence*
- *being controlled or hurt in your relationship*
- *your partner messing with your contraception or pressuring you around pregnancy decisions*

You can get free, confidential support 24/7 from:

Chat: loveisrespect.org or online.rainn.org

Text: "LOVEIS" to 22522

Call: 866.331.9474 or 800.656.HOPE (4673)

Free, anonymous relationship safety + decision aid: myplanapp.org

CONTACT INFO

For more information about EC access on campus:

 www.ec4ec.org

 community@ec4ec.org

 [@ecforec](https://www.instagram.com/ecforec)

 [@ecforec.org](https://www.facebook.com/ecforec)

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