**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.

**Levonorgestrel* (LNG)**
- 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***
- 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.

**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.
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
- @ecforec.org