

# EC QUICK FACTS

Emergency contraception (aka EC) is a safe and effective way to prevent pregnancy after unprotected sex or sexual assault. EC **prevents** pregnancy; it's not an abortion pill. For info about abortion, go to [plancpills.org](http://plancpills.org) or [ineedana.com](http://ineedana.com).



**When should I take EC?** Take EC pills ASAP, within 5 days – it's more likely to work the sooner you take it.



**Do I need to see a doctor first?** Nope! Levonorgestrel EC (LNG EC, like Plan B One-Step®, Take Action® or Julie®) is sold over-the-counter – no prescription needed! Ask health care provider about the most effective EC options (ella® and IUDs).



**Is EC safe?** YES! LNG EC is safer than many other OTC medications. Any side effects (like headache or nausea) are usually mild and go away on their own.



**What should I do after taking EC?** If you haven't had a period within 3 weeks, take a home pregnancy test and follow up with a healthcare provider.



**Does body weight impact whether EC works?** Maybe. LNG EC may not work if you weigh 165+ lbs. Some research suggests that the prescription-only EC pill (ella®) or a copper IUD, both available from healthcare providers, may be more effective.



**What precautions should I take before using EC pills?** Check the expiration date on your EC box – don't take it if it's expired.



**How does EC work?** EC pills prevent or delay ovulation (release of an egg). Without an egg for sperm to fertilize, pregnancy can't happen.



**Is there a difference between LNG EC brands?** Nope! Whether it's Plan B One-Step®, Julie®, Take Action®, or other OTC EC brands, the active ingredient is exactly the same. The difference is price and packaging!

LEARN MORE >>>



## FOR SURVIVORS OF SEXUAL ASSAULT

EC is an essential option for those who experience sexual assault.

### 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 SUPPORT.

- Visit [www.loveisrespect.org](http://www.loveisrespect.org) or [online.rainn.org](http://online.rainn.org) for information on resources, chat services and more.
- Use the free, anonymous relationship safety + decision aid at [myplanapp.org](http://myplanapp.org)



[www.ec4ec.org](http://www.ec4ec.org)



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