

# Key Facts About Emergency Contraception



Emergency Contraception (EC) is a safe and effective way to prevent pregnancy after sex.

Consider using Emergency Contraception (EC) if:

- You had unprotected sex, or
- You think your contraceptive didn't work.

## What are Emergency Contraceptive pills?

Emergency Contraceptive pills contain the same medication as regular birth control pills, and help to prevent pregnancy. There are three basic types of Emergency Contraceptive pills:

- Progestin-only pills (Plan B® One-Step, Next Choice®)
- Ulipristal acetate (ella®)
- High doses of regular oral contraceptive pills

Don't wait! Take EC as soon as possible.

- It is best to take EC as soon as possible; the sooner you take EC the more effective it is.
- It has been shown to be effective for up to 5 days.
- For more information talk to your pharmacist or doctor.

When taken as directed Emergency Contraception has been shown to be safe and effective.

- Emergency Contraception may reduce the risk of pregnancy by up to 89 percent.
- The effectiveness of EC varies based on the type used and when it is taken.
- EC is only recommended as a backup and should not be used as your primary method of birth control.
- Emergency Contraceptive pills do not protect against sexually transmitted infections, including HIV/AIDS.

What EC does:

- Emergency Contraceptive pills prevent pregnancy.
- Emergency Contraceptive pills are not effective after pregnancy has occurred and they will not harm the developing fetus.
- Emergency Contraceptive pills are NOT the same as RU-486 (the abortion pill).
- Using Emergency Contraceptive pills will not affect a woman's ability to become pregnant in the future.

Follow-up after taking Emergency Contraceptive pills:

- If you vomit after taking emergency contraception you may need to take another dose. Before you do, contact a pharmacist or healthcare provider immediately.
- If you do not get a normal period within three weeks, take a pregnancy test.
- It is important to visit your doctor or clinic for a regular birth control method and information about preventing sexually transmitted infections.
- Medical providers or your pharmacist can provide Emergency Contraception for future use if needed.

In California, women and men may receive free family planning services through Family PACT based on income.

If you don't have a doctor or clinic, call (800) 942-1054 to find a Family PACT provider near you.

Under the Affordable Care Act (ACA), Emergency Contraception may be covered with a prescription.



**BE AWARE AND TAKE CARE:**  
Talk to your pharmacist!  
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