

ECP'S

Emergency Contraceptive Pills

(sometimes called the morning after pill)



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What are ECP's

A method of birth control to help prevent a pregnancy if a woman has had unprotected sex. ECP's are low doses of hormones (estrogen and/or progestin) that are found in birth control pills.

How do they work?

- They can delay the release of an egg
- They make the cervical mucus thicker so it is more difficult for the sperm to get to the egg
- They change the lining of the uterus so it is more difficult for the fertilized egg to attach

You may need ECP's if:

- You had sex without use of protection
- You had a condom break, slip or come off
- You were forced to have sex
- You forgot two or more birth control pills
- Partner planned to pull out (withdraw) but did not
- You found out after sex, diaphragm or cap had slipped
- Your contraceptive patch or vaginal ring was not used correctly
- Your IUD has come out

When to use:

It is best to take it as soon as possible. If it is taken within the first 72 hours after unprotected sex, it can reduce the chance of pregnancy by 75 – 89 percent.

It can be used up to 120 hours (5 days) after unprotected sex but may not be as effective.

Important

It is not used if a woman is already pregnant

How it is taken

Your health care provider may prescribe ECP's packaged as Plan B or they may prescribe birth control pills. Your health care provider will provide instructions on use.

You may also be prescribed an anti-nausea medication to take.

Possible Side Effects:

- Nausea (about 50%)
- Vomiting (about 20%)
- Dizziness or feeling tired
- Breast tenderness
- Headaches
- May not work

Where you can get ECP's

Check with your health care provider, local health department, or call 1-888-NOT-2-LATE or website NOT-2-LATE.com

Future Pregnancy Prevention

After you have taken the ECP's they do not continue to prevent pregnancy for the rest of the cycle. Another method of birth control such as abstinence, condoms and/or vaginal spermicides must be used.

ECP's are intended for use in an emergency. If you are interested in ongoing birth control for the future, please talk to your health care provider or your local health department.

Remember

ECP's do not protect you from HIV or other sexually transmitted infections. Please protect yourself....use a condom every time you have sex.