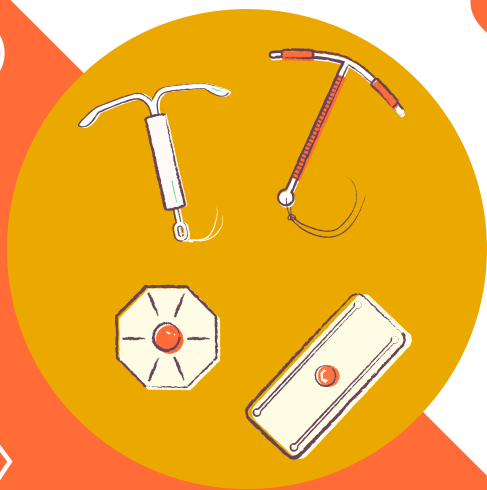


EMERGENCY



CONTRACEPTION



## EC OPTIONS & HOW TO USE THEM

- Emergency contraception (EC) prevents pregnancy before it starts.
- EC cannot cause abortion and is not the same thing as abortion medication.
- Consider keeping doses of oral EC on hand and use it (or share it) as needed.
- EC is safe to use and does not affect later fertility.
- **There are 4 EC options (2 Pill and 2 IUD options):**
  - **Levonorgestrel 1.5 mg (a.k.a "Plan B" or the "Morning After Pill")** can be taken up to 3 days or 72 hours after unprotected sex. The sooner you take it the better it is at preventing pregnancy. Levonorgestrel tablets are available over-the-counter, without a prescription, for folks of all ages--and can be shared like ibuprofen!
    - **How to get it:** Available at your local pharmacy or online-home delivery.
  - **Ulipristal acetate 30mg (a.k.a "Ella")** can be taken up to 5 days after unprotected sex. Ella may be a more effective oral option than plan B if you weigh over 165 lbs.
    - **How to get it:** Ella requires a prescription--a healthcare provider can call in a prescription or online telehealth services (e.g Wisp or Nurx) can send Ella. A great option to keep on hand!
  - **Hormonal IUD and Copper IUD:** If you want to use an IUD, these are also the most effective EC option, if inserted within 5 days of sex. IUDs can be used long as you want, up to 12 years for the copper and up to 8 years for the hormonal IUD.
    - **How to get it:** IUDs require an appointment and insertion procedure with a provider. MyFPE.org or Planned Parenthood can help you access a low or no-cost IUD for EC if you are interested.
  - **If you're in a pinch** certain estrogen/progestin oral contraceptives can be used in higher doses than normal within 72 hours of unprotected sex (a.k.a YUZPE regimen).

## RISK OF PREGNANCY

- **The number of individuals who will become pregnant using EC:**
    - **Plan B\*:** 15-26 out of 1,000 individuals
- \*For people who weigh over 175 pounds the risk is ~70/1,000. Some data support taking 2 pills of levonorgestrel EC.
- **Ella\*\*:** 12-18 out of 1,000 individuals
- \*\* Both oral EC options **may be** less effective for individuals with higher weight but still **significantly** reduce your risk of pregnancy!
- **Hormonal IUD:** 3 out of 1,000 individuals
  - **Copper IUD:** 1 out of 1,000 individuals

## SIDE EFFECTS & BLEEDING CHANGES

- **Possible side effects and bleeding changes include:**
  - **Plan B, Ella, & YUZPE:** nausea; vomiting; earlier or later menstruation; heavier or irregular bleeding, spotting
  - **Hormonal IUD:** Pain or discomfort with IUD placement; cramping after placement, breast tenderness, mood changes, irregular bleeding or spotting
  - **Copper IUD:** Pain or discomfort with IUD placement; cramping after placement; Increased menstrual cramping, irregular bleeding or spotting

**LEARN MORE AT [FPEUTAH.ORG](https://www.fpeutah.org)**

