

OOPS! EMERGENCY CONTRACEPTION: BIRTH CONTROL THAT WORKS *AFTER* SEX

Types of emergency contraception

How well does it work?

How soon do I have to use it?

How do I use it?

Where can I get it?



ParaGard IUD


Almost **100%** effective 

Within  **5** days

It's placed in the uterus by a doctor or nurse

 Keeps working as super effective birth control.

From a doctor, nurse, or at a clinic


 Say it's for EC so you are scheduled quickly.



Ella

 **2nd**
 Less effective if over 195 pounds. Try an IUD.

ASAP

 Works better the sooner you take it, up to 5 days.

Take the pill as soon as you get it

 Remember to use it every time you have unprotected sex.

From a doctor, nurse, or at a clinic


 Get an extra pack for future emergencies.



Plan B One-Step or a generic

 **3rd**
 Less effective if over 165 pounds. Try ella or an IUD.

ASAP

 Works better the sooner you take it, up to 3 days.

Take the pill as soon as you get it

 Remember to use it every time you have unprotected sex.

At a pharmacy, no prescription needed

 Get an extra pack for future emergencies.