

Plan B (Levonorgestrel)

- Effective if taken within 3 days of unprotected sex*
- \$15 at Health Service
- No prescription necessary but usually free with prescription at a local pharmacy
- \$35-50 without prescription at local pharmacy or online
- Potential side-effects include delayed period, nausea, vomiting
- **Instructions:**
 - Take one pill as soon as possible after unprotected sex
 - Resume normal contraceptive method the next day

Emergency Contraception

Two types available at Health Service:
Plan B and Ella

Both are:

- Single tablet
- Effective (but no method is 100% effective)
- Safe
- Available through Health Service
- Well tolerated with few side effects

When should you take emergency contraception?

*Unprotected sex includes:

- Not using birth control method or condom
- Messing up regular birth control method
- Condom breaking or slipping off
- Being forced** to have unprotected sex

If no normal period in 3 weeks after taking EC, take a pregnancy test

Ella (Ulipristal)

- Effective if taken up to 5 days after unprotected sex*
- Prescription necessary - available from Health Service & online <https://www.ella-kwikmed.com>
- Covered by some insurances, otherwise costs ~\$67 (no generic available)
- May be more effective than Plan B for people who weigh >165 lbs
- Potential side-effects include delayed period, headache, nausea
- **Instructions:**
 - Take one pill as soon as possible after unprotected sex
 - **Do not use hormone containing birth control (pills, ring, patch) for 5 days** after taking Ella as they may decrease effectiveness.
 - Condoms must be used until next normal period