

Emergency Contraception Pills or EC (Morning After Pill)

What Is It?	A safe, effective birth control method to use after unprotected sex.
What Does It Do?	Prevents a pregnancy after unprotected sex or birth control failure. EC does not end a pregnancy and will not work if a woman is already pregnant.
Brand Name of Pills	Next Choice™, Plan B® One-Step, ella®, and others
What's In The Pills?	Most brands of EC contain progestin, one of the hormones found in daily birth control pills. ella® is a pill that mimics and blocks progestin.
When Do You Take It?	The sooner you take progestin EC, the better it works. (ella® works just as well 5 days after sex as it does the first day.) EC works up to 5 days after unprotected sex. Some packs contain 1 pill, and some packs contain 2 pills. The 2 pills can be taken together.
What Happens to Your Body?	Most women who take EC feel fine. Some women have nausea, vomiting, headache, dizziness, stomach cramps or breast pain for a short time after taking the pills. The next period may come a few days early or a few days late.
How Much Does It Cost?	EC costs \$35 - \$60 for one dose. Some insurance plans cover it.
How Well Does It Work?	EC lowers a woman's chance of pregnancy by 59 to 90 percent, depending on how soon she takes the pills.
Do Teens Have To Tell Their Parents?	No.
How Do You Find It?	Women 17 and older can get progestin EC at a pharmacy without a prescription. Women under 17 need a prescription to get EC. Women can get ella® only with a prescription. Ask your health care provider or visit www.not-2-late.com