

Remember,
Emergency
Contraception
**does not protect
you from Sexually
Transmitted
Infections or HIV.**
Always use
condoms to
protect yourself!



HOW DOES EC WORK?

- Most EC pills (Plan B One-Step®, Next Choice™) contain a hormone like the ones your body makes. ella® is an EC pill that mimics and blocks a hormone.
- EC pills stop your ovaries from releasing eggs. Without an egg, you cannot get pregnant. No method of birth control is 100% effective, but EC pills lower the risk of pregnancy by 59-90%.
- You can take EC up to 5 days after unprotected sex. Most EC works best if you take it sooner, but ella® works just as well 4-5 days after sex as it does right after sex. You can't use EC to end a pregnancy.

HOW DO I USE EC PILLS?

- Take EC as soon as you can after unprotected sex. If your package has 2 pills, take both pills at the same time.

HOW DO EC PILLS HELP ME?

- EC is safe. EC pills do not work as well as a regular birth control method, but EC lowers your chance of getting pregnant after unprotected sex.

HOW WILL I FEEL AFTER TAKING EC PILLS?

- You will most likely feel fine. EC has no long-term or severe side effects.
- You may have nausea, vomiting, headache, dizziness, breast pain, or belly pain for 1-2 days after taking the pills. To prevent nausea, you can take anti-nausea medicine (such as meclizine) one hour before you take EC.
- Your next period may come a few days early or a few days late. You may have spotting.

DO EC PILLS HAVE RISKS?

- EC pills are very safe. There are no known risks.
- Pregnant women should not take EC pills.

WHERE CAN I GET EC PILLS?

- Women age 17 and older can get EC at a pharmacy without a prescription.
- Women under age 17 need a prescription to get EC pills.
- Women of all ages can only get ella® with a prescription.
- You should always have EC on hand in case you need it. Ask for refills on your prescription.
- To get EC, ask your health care provider, or visit www.not-2-late.com.

