

Emergency Contraception: Which EC is Right for Me?

IUD






Ulipristal Acetate Pills



Progestin Pills



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| What is it? | Emergency contraception (EC) is birth control you can use after unprotected sex. | | |
| What does it do? | EC prevents a pregnancy after unprotected sex. EC does not end a pregnancy and will not work if you are pregnant. | | |
| Medication | Copper or Levonorgestrel | Ulipristal acetate | Levonorgestrel |
| Brand names | Mirena®, Liletta®, Paragard® | ella® | Plan B® One-Step, Next Choice® and others |
| How well does it work? | The IUD has very high efficacy. It lowers your chance of getting pregnant by 99%. Your weight does not matter. | Ulipristal acetate EC has high to medium efficacy. It may not work as well if your body mass index is over 35. | Levonorgestrel has low to medium efficacy. It may not work as well if your body mass index is over 26. |
| How does it work? | The IUD is a T-shaped plastic rod that stays in your uterus. It prevents sperm from getting to eggs. When sperm can't get to an egg, you can't get pregnant. | Ulipristal acetate mimics and blocks progesterone. Ulipristal acetate EC delays ovulation. | Levonorgestrel is a progesterone hormone, like the hormones your body makes. Progesterone EC delays ovulation. |
| When do you use it? | You can have the IUD inserted up to 5 days after unprotected sex to prevent pregnancy. It works as birth control for up to 12 years (copper) or 7 years (Liletta/Mirena). You can have the IUD removed any time you want. | Ulipristal acetate EC can work up to 5 days after unprotected sex. Take it as soon as possible after unprotected sex. | The sooner you take progesterone EC, the better it works. Take it as soon as possible after unprotected sex. Some packs contain 1 pill, and some packs contain 2 pills. You should take the 2 pills together. |

| | <p style="text-align: center;">IUD</p>  | <p style="text-align: center;">Ulipristal Acetate Pills</p>  | <p style="text-align: center;">Progestin Pills</p>  |
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| <p>What happens to your body?</p> | <p>After putting a speculum in your vagina, a clinician inserts the IUD into your uterus. Many clinicians give pain medicine first. You may have cramps and spotting for a few hours.</p> | <p>Most people who take EC pills feel fine. Some people have nausea, vomiting, headache, dizziness, stomach cramps, or breast pain for a short time after taking the pills.</p> <p>Your next period may come a few days early or a few days late.</p> <p>You can get pregnant if you have unprotected sex again.</p> | |
| <p>How much does it cost?</p> | <p>If it's not covered by insurance, the IUD may cost \$500 to \$1,000. Many insurance plans cover the IUD.</p> | <p>Ulipristal acetate EC costs about \$35 - \$70 for 1 dose. Some insurance plans cover ulipristal acetate EC.</p> | <p>Progestin EC costs about \$35 - \$60 for 1 dose. Some insurance plans cover progestin EC. Although some brands are sold over the counter, you may need a prescription for insurance coverage.</p> |
| <p>How do you find it?</p> | <p>A clinician must insert the IUD. Call your health center to make an appointment. Say that you need your IUD as soon as possible for emergency contraception.</p> | <p>You can get ulipristal acetate EC at pharmacies, health centers, or through health care providers. Call ahead to see if they have it. You need a prescription for ulipristal acetate EC. Ask your health care provider or visit www.not-2-late.com.</p> | <p>You can get progestin EC at pharmacies, health centers, or through health care providers. Call ahead to see if they have it. Pharmacies sell progestin EC to people of any age without a prescription. Ask your health care provider or visit www.not-2-late.com.</p> |