



ALL ABOUT THE EMERGENCY CONTRACEPTION PILLS



What are the emergency contraception pills?

Emergency contraception (EC) represents a “last chance” after unprotected sexual intercourse to prevent unintended pregnancy. You can use emergency contraception pills (ECPs) if you had sex without using a birth control method or if your birth control method failed. There are two categories of ECPs, including ulipristal acetate (UPA) and levonorgestrel (LNg). They come in two forms: 1 or 2 pill dose.

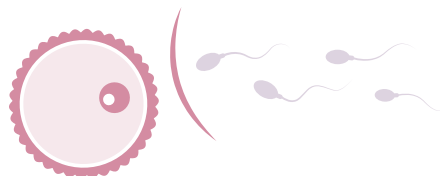


How does the emergency contraception pills work?

ECPs lowers the chances you will get pregnant after unprotected sexual intercourse by:

- » Delaying or stopping the egg from leaving the ovaries.
- » Stopping the sperm from getting to the egg.

ECPs work best if you take them within 24 hours. But you must take them no later than 5 days after unprotected sexual intercourse.



How do I get the emergency contraception pills?

You can buy LNg pills at a pharmacy, grocery store, or online without a prescription, parental consent, or an identification document (ID), regardless of your age. You do not need a physical exam to get them.

Family PACT covers the cost of ECPs only when they are prescribed to a client by a Family PACT provider. Family PACT does not cover ECPs for people who are unable to become pregnant or if intended for a partner who can become pregnant.



What do people like about the emergency contraception pills?

- » ECPs are a good back-up if your birth control fails or you did not use one.
- » You can buy them from any drugstore or pharmacy.
- » They are highly effective in preventing pregnancy if used within 5 days of unprotected sexual intercourse.



What do people dislike about the emergency contraception pills?

- » ECPs may make you feel nauseous.
- » You will need a prescription to buy one type of ECP called Ella® which works better for people that weigh 165 lbs or more.
- » It may make you start your period early or experience irregular bleeding (spotting).

Are emergency contraception pills safe?

ECPs have **not** been shown to cause any health problems.

- » You can use it even if you have a history of blood clots.
- » You can use it even if you are breastfeeding.
- » ECPs will not work if you are already pregnant.
- » ECPs do not cause abortion. **It is not an abortion pill.**
- » ECPs do not replace a regular method of birth control.



What are the side effects of the emergency contraception pills?

After taking ECPs, you may experience:

- » Nausea or vomiting
- » Headaches or dizziness
- » Breast tenderness
- » Your next period may come early or late, or you may spot between periods, or have changes in how much bleeding you have or how long your period is.

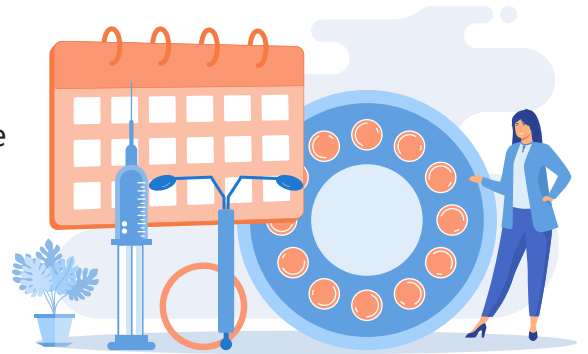


How do I use emergency contraception pills?

There are two different types of ECPs. One contains ulipristal acetate (Ella®) and the other has levonorgestrel (Plan B® and other generic brands). Your provider or pharmacist can recommend the type of ECPs that work best for you.

The main things to remember are:

- » ECPs work best if you take it as soon as you can after unprotected sexual intercourse. The sooner you take it, the better it works.
- » You must take ECPs no later than 5 days after unprotected sexual intercourse.
- » Some people can get an upset stomach after using levonorgestrel ECPs. Over-the-counter products for treating nausea may help you with this.
- » If you vomit within 2 hours of taking ECPs, some providers advise repeating the ECP dose, while others think that this is not needed. Ask your provider what they advise you to do.
- » If you do not get your period within 3 weeks of taking ECPs, call your Family PACT provider and let them know.
- » You should take a pregnancy test within 3 weeks of taking ECPs.
- » If you start another form of birth control like the pill, patch, vaginal ring, shot, implant, or intrauterine device (IUD), you should take a pregnancy test within 3 weeks of taking ECPs.



The emergency contraceptive pills do not protect against HIV or other sexually transmitted infections (STIs). Use condoms when you have sex to protect yourself.



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