

EMERGENCY CONTRACEPTION

Emergency
contraception (EC)
offers a last chance to
prevent pregnancy —
even after sex

101

WHEN DO I NEED EC?

You forgot to use contraception, missed several pills, or were late getting your Depo shot

The condom slipped or broke

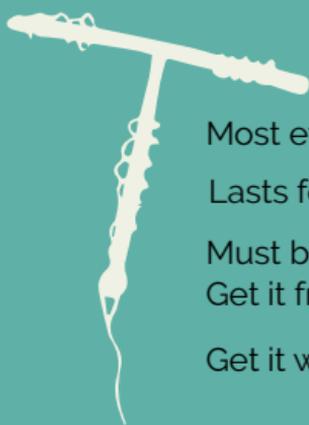
You were sexually assaulted



Any of the methods listed below
may be covered by your insurance
— call to check!



COPPER IUD AKA PARAGARD



Most effective form of EC

Lasts for at least 12 years

Must be placed by a trained provider.
Get it from a doctor or clinic

Get it within 5 days of unprotected sex

ANTI-PROGESTIN PILLS AKA ELLA

Prescription-only...get it from a doctor or clinic

Take it ASAP, but within 5 days

Might be less effective if you weigh more
than 196 lbs



PROGESTIN-ONLY PILLS AKA PLAN B ONE-STEP, MY WAY & TAKE ACTION

Sold without prescription to anyone of any age or gender. You **DO NOT** need to show ID. It should be right on the store shelf (see back for details). Costs \$40-50 per dose

Take it ASAP, but within 5 days

Might be less effective if you weigh more than 165 lbs

EMERGENCY CONTRACEPTION

ADVOCACY

THE FACTS

Plan B One-Step and generic forms such as My Way, Take Action and Aftera should be sold right on store shelves

Women and men of any age can buy Plan B without prescription. No one should ask for your ID

Many stores still keep emergency contraception (EC) behind the pharmacy counter or lock it up in a special case

WHAT CAN YOU DO?

Talk to a store manager or pharmacist

Make sure they know the facts: Plan B and all generics can be sold OTC to anyone of age — no ID required

Ask why EC is not on the shelf. Let them know that EC works better the sooner it's taken — so quick and confidential access is important

Show them ASEC's EC Pharmacy Guide for the most up-to-date information

LET US KNOW!

If anyone...

asks for your ID,

refuses to sell you EC,

or won't stock it on the shelf...

EMAIL US AT

ASEC@AMERICANSOCIETYFOREC.ORG

LEARN MORE

American Society for Emergency Contraception:
www.americansocietyforec.org

The Emergency Contraception Website:
www.not-2-late.org

Bedsider: www.bedsider.org