

OOPS! EMERGENCY CONTRACEPTION: BIRTH CONTROL THAT WORKS AFTER SEX

Types of Emergency Contraception

How well does it work?

How soon do I have to use it?

How do I use it?

Where can I get it?




ParaGard IUD

Almost **100%** effective 

Within  **5** days

It's placed in the uterus by a health care provider


 Keeps working as super effective birth control.

 Say it's for EC so you are scheduled quickly.




ella




 Less effective if over 195 pounds. Try an IUD.

ASAP

 Works better the sooner you take it, up to 5 days.

Take the pill as soon as you get it


 Remember to use it every time you have unprotected sex.

 Get an extra pack for future emergencies.




Plan B One-Step or a generic



 Less effective if over 165 pounds. Try ella or an IUD.


ASAP

 Works better the sooner you take it, up to 3 days.

Take the pill(s) as soon as you get it

 Remember to use it every time you have unprotected sex.

At a pharmacy, no prescription needed

 Get an extra pack for future emergencies.