

WHAT IS EMERGENCY CONTRACEPTION (EC)?

EC is birth control to use after sex to prevent pregnancy.

Types of EC



Over-the-counter EC pills

When can I use EC?

ASAP
works best within
3 days but may work
up to 5 days

May be less effective
over 165 pounds.

How do I get EC?

No prescription
needed

Find it at a pharmacy,
clinic, or online.

What about next time?

Take it every time
you need EC

You can get extra EC
for next time.



Prescription EC pills

ASAP
but can work
up to 5 days

Most effective EC pill. May be less
effective over 195 pounds.

Need a prescription

Talk to a health care provider
online or in person.

Take it every time
you need EC

Ask about a refill so you can
have it for next time.



IUDs

Anytime
up to 5 days

Nearly 100% effective
for any weight.

Visit a health care
provider to have
an IUD placed

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

Keeps working as
birth control

You can have it removed
at any time.