

# Emergency Contraception (EC) Pills — Morning After Pill

<b>What Is It?</b>	A safe, effective birth control method that prevents pregnancy after unprotected sex.	
<b>What Does It Do?</b>	<b>Prevents</b> a pregnancy after unprotected sex or birth control failure. EC does <b>not</b> cause an abortion and will <b>not</b> work if a woman is already pregnant.	
<b>Brand Name of Pill</b>	Next Choice®, Plan B One-Step™, ella®, and others.	
<b>What Happens to Your Body?</b>	Most women don't experience side effects from EC. Some women have nausea, vomiting, headache, or dizziness for a short time after taking the pills. The next period may come a few days early or late.	
<b>How Much Does It Cost?</b>	EC costs \$35 - \$60 for one dose. Some insurance plans cover it, if it is prescribed by a doctor. In some states, Medicaid covers it.	
<b>Do Teens Have To Tell Their Parents?</b>	No.	
<b>Are There Any Other EC Options?</b>	Yes. A copper IUD (ParaGard®) can be inserted within 5 days of unprotected sex. This is more effective than EC pills, and the IUD can be an ongoing contraceptive method.	
	<b>Progestin EC</b> Next Choice®, Plan B One-Step™, etc	<b>Ulipristal EC</b> ella®
<b>What's In The Pills?</b>	<i>Progestin</i> , a hormone found in daily birth control pills.	<i>Ulipristal</i> , a hormone that is not in regular birth control pills.
<b>When Do You Take It?</b>	The sooner it is taken, the better it works. It works up to 5 days after unprotected sex, but works best within the first 3 days.  Some packs contain 1 pill, and some packs contain 2 pills. The 2 pills can be taken together.	ella® works up to five days after sex. It works just as well 5 days after sex as it does the first day.
<b>How Do You Find It?</b>	Progestin EC is available at a pharmacy without a prescription for anyone who is 17 and older. Women under 17 need a prescription to get EC.	ella® is available only with a prescription.
	Ask your health care provider or visit <b>www.not-2-late.com</b>	