

## Where can I get EC?

- Pharmacies
  - » Plan B One-Step® and generic brands are for all ages with no prescription.
  - » You need a prescription for ella®.
- Health care providers and family planning clinics.
- Hospital emergency rooms after rape.
- Call 2-1-1 to find free or low cost EC and birth control near you.



**Don't wait. The sooner you take EC, the better it works to prevent pregnancy.**

### **Portland Women's Crisis Line:**

24 hour resources and support for survivors of domestic and sexual violence.  
Toll free 1-888-235-5333 (503-235-5333)

### **National Sexual Assault Hotline:**

1-800-656-HOPE (4673)

### **211info:**

Dial 2-1-1 for a clinic near you.

### **Oregon Contraceptive Care:**

Find out more about Oregon clinics and birth control at [ccare.oregon.gov](http://ccare.oregon.gov).

### **Bedsider:**

A free birth control support network operated by the National Campaign to Prevent Teen and Unplanned Pregnancy.

[www.bedsider.org](http://www.bedsider.org)

This document can be provided upon request in an alternate format for individuals with disabilities or in a language other than English for people with limited English skills. To request this publication in another format or language, contact the Oregon Reproductive Health Program at 971-673-0355 or 711 for TTY.

*Download this brochure in English and other languages at [www.healthoregon.org/rh](http://www.healthoregon.org/rh).  
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**Just had sex?  
Worried about pregnancy?**

# **Emergency Contraception**

**(Emergency Birth Control)**

*Sometimes we need a second chance.*

**The sooner the better.**  
You have up to 120 hours  
(5 days) to act!



**Oregon  
Health**  
Authority  
PUBLIC HEALTH DIVISION  
Reproductive Health Program

## Emergency contraception (EC) lowers your chance of getting pregnant after sex.

- Take EC as soon as you can.
- EC works better the sooner you take it, but it can work up to five (5) days (120 hours) later.



### Don't wait!

Take EC as soon as possible after sex without birth control!

#### Use EC if:

- You didn't use birth control.
- Your condom broke.
- Your partner didn't withdraw or "pull out" on time.
- You missed using or taking your birth control on time.
- You were forced to have sex without birth control.

**EC does not** cause an abortion.

**EC does not** work if you are already pregnant.

**EC does not** lower your chance to get pregnant in the future.

**EC is safe and effective.**

#### EC pills:

- Are backup birth control to prevent pregnancy after sex.
- Work like birth control pills.

#### How do EC pills work?

They may:

- Keep the egg from leaving the ovary.
- Keep sperm from meeting the egg.
- Change the lining of the uterus.

#### After taking EC:

- Some women feel dizzy or have stomach pain, sore breasts, or spotting.
- **If you vomit within two (2) hours after taking EC**, call your health care provider. You may have to take the pill again.
- If your period is more than one (1) week late, you may be pregnant.
- Use backup birth control, like condoms, until your next period.

#### What about the IUD?

- The IUD (intrauterine device) is a small piece of plastic with a short string.
- IUDs work best for EC. Your health care provider needs to place it in your uterus within five (5) days after sex.
- Some IUDs work as birth control for up to 12 years.

#### 3 types of EC are:



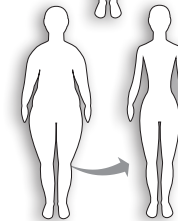
**ella®**

(May not work as well if you weigh more than 193 pounds).



**Plan B One-Step® and generic brands**

(May not work as well if you weigh more than 154 pounds).



**Copper IUD**

(Works the best at any weight).