

Emergency Contraception

Where can I get EC after a rape?

- Hospitals with emergency departments.
- Pharmacies. (If you are 17 years or older, you do not need a prescription to get EC.)
- Health care providers and family planning clinics.

For more information:

EC and birth control in your area:

1-800-SafeNet (1-800-723-3638)

www.healthoregon.org/fp

Sexual assault advocacy and resources:

1-800-656-HOPE (1-800-656-4673)

Survivors' experiences with EC:

www.raisinghervoice.org

If a hospital refuses to give you EC call 971-673-0540 in Portland between 8 a.m. and 5 p.m. (Pacific time) to reach the OHA Health Care Licensure and Certification Office.

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

Oregon
Health
Authority
PUBLIC HEALTH DIVISION
Reproductive Health Section

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Pregnancy
protection
after
**sexual
assault**

Emergency contraception (EC) can help prevent pregnancy after sexual assault.

Taking EC after a rape can lower your chances of getting pregnant.

- Take EC as soon as you can.
- EC is most effective when taken within 3 days (72 hours) after rape, but can be taken up to 5 days (120 hours) later.

What are emergency contraception pills?

Several types of EC pills help prevent pregnancy after rape or sex without birth control, including:

- Plan B One-Step® is a one-dose progestin-only pill.
- NextChoice® is a two-dose progestin-only pill.
- High doses of regular birth control pills contain both progestin and estrogen.
- ella® is a one-dose pill that contains ulipristal acetate.

EC is safe and effective.

- EC pills have been used safely by millions of women for emergency birth control.
- Plan B One-Step, NextChoice and ella all reduce the risk of pregnancy by 89 percent.
- Higher doses of regular birth control pills taken for EC reduce the risk of pregnancy by 75 percent.

How do EC pills work?

- EC pills may keep the egg from leaving the ovary.
- EC pills may keep the sperm from meeting the egg.
- EC pills may keep the fertilized egg from attaching to the uterus.

EC pills do NOT:

- EC pills do **not** harm your body or your pregnancy if you are already pregnant. (Do not use ella if you know or suspect you are pregnant or if you are breastfeeding.)
- EC pills do **not** affect your ability to get pregnant in the future.
- EC pills do **not** cause an abortion; they are not the same as the abortion pill, RU-486.
- EC pills do **not** protect against sexually transmitted infections, including HIV/AIDS.

What will happen after I take EC?

- You may have changes in the timing or flow of your next menstrual period. **If your period is more than one week late, you may be pregnant.**
- You may have some nausea, abdominal pain or dizziness, similar to some side effects of regular birth control pills.
- **If you vomit within one hour of taking a dose, call a medical provider to see if the dose should be repeated.**

