

EC

# Emergency Contraception (EC) after Sexual Assault Key Facts for Survivors

Oregon hospital emergency departments must offer emergency contraception and a fact sheet to every female sexual assault survivor. If you request EC and it is not provided at your visit, please call the number on the back page.

**EC is backup birth control that lowers your chance of getting pregnant after sexual assault, rape or sex without birth control.**

- EC only works for THIS act of unprotected sex.
- EC can work up to 5 days after unprotected sex, but it works best when you take it as soon as possible.

**EC is safe and works well.**

- EC does not harm an existing pregnancy.
- EC does not affect your ability to get pregnant in the future.
- EC can lower your chance of getting pregnant by 80–90%.

**EC works by keeping an egg from leaving the ovary or by keeping the sperm away from the egg.**

- It works like daily birth control pills.
- EC is NOT the abortion pill and will NOT cause an abortion. It stops a pregnancy before it can happen.

**After taking EC:**

- Some women may feel sick to their stomach, dizzy, or their breasts may feel sore.
- If you vomit within 2 hours of taking EC, call a nurse or doctor. You may have to take the pill again.
- If your period is more than 1 week late, you may be pregnant.



**DON'T WAIT! Take EC as soon as possible after unprotected sex.**  
There are two types of EC pills approved by the FDA.

**1) Plan B One-Step® and NextChoice One Dose™ (progestin-only pills)**

- Work best when taken within 3 days of unprotected sex but can still help to prevent pregnancy up to 5 days after sex;
- Will not end or hurt a current pregnancy;
- May not work as well if you weigh more than 154 pounds.

*Note: Plan B One-Step® is available for all ages without a prescription at pharmacies.*

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## 2) ella® (ulipristal acetate):

- Works best when taken within 5 days of unprotected sex;
- Should not be taken by women who are pregnant or breastfeeding;
- Is only available with a prescription;
- May not work as well if you weigh more than 193 pounds.

*Note: To fully protect yourself after using ella®, back up your regular birth control method with another method, such as condoms.*

### Other forms of EC:

- Copper IUD insertion within 5 days of unprotected sex; and
- Combination of birth control pills.
- Ask your doctor or nurse for more information about these options.

### Remember:

- EC only works for this act of unprotected sex.
- If you want to get on a regular birth control method, you can find a clinic at [www.healthoregon.org/rh](http://www.healthoregon.org/rh).

## SAVE can pay for your EC

- If you are a survivor of sexual assault or rape, the Oregon Sexual Assault Victims' Emergency (SAVE) Fund can pay for your EC.



### More information

- EC information: [www.not-2-late.com](http://www.not-2-late.com)
- EC and birth control information: [www.bedsider.org](http://www.bedsider.org)



Remember, Oregon hospital emergency rooms are required by law to offer all female sexual assault survivors EC and provide them with pills if requested. Your doctor must provide a medical reason if he or she does not think EC is safe for you.

Call **971-673-0355** in Portland between 8 a.m. and 5 p.m. (Pacific time) if you are refused EC and need help.



PUBLIC HEALTH DIVISION  
Reproductive Health Program

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 Public Health Division at 971-673-1222, 971-673-0372 for TTY.

OHA 8500 B (05/14)