

Emergency Contraceptive Pill (EC)

What is emergency contraceptive (EC)?

- EC is often called **Plan B** or the **morning after pill**.
- EC is a pill (or 2) that helps you not get pregnant after having unprotected sex.
- There are 2 types of EC: “Levonorgestrel” and “Ulipristal”.

How do I use EC?

- You can take EC up to 5 days after having unprotected sex. **The sooner you take it, the better it works.**
- If your pack has 2 pills, take them at the same time.
- EC is completely safe and is safe to take more than once.
- If you are already pregnant, EC will not do anything.

How will I feel after taking EC?

- You may feel a little sick to your stomach. Try to eat before you take EC to help.
- You may have spotting or a full period. You may also get your next period early or late.

How much does EC cost?

- If you walk into a pharmacy you can buy EC for \$35-\$60. **It does not matter how old you are.**
- If you get a prescription from a doctor your insurance may pay for it.
- If you have Medicaid, just bring your Medicaid card or cards to the pharmacy and Medicaid will pay for your EC.

Levonorgestrel

- This medicine has many different brand names but they all work the same!
- Here are some brands you might see. These are not all of the brands, there are other brands too.



Ulipristal (Ella)

- Ella is another type of EC.
- If you are overweight, Ella might work better at helping you not get pregnant.
- Ella works the same for 5 days after unprotected sex.
- You can't use birth control with hormones for 5 days after using Ella.
- You need a prescription from your doctor to get Ella.



If you are having trouble getting EC, talk to your CHN health educator or social worker.