

Condom Break?! Have unprotected sex?!

Need emergency contraception... **NOW?**

Paragard IUD



The most effective EC there is. Have a provider insert it within five days of unprotected sex and lower your chance of pregnancy by **99.9%*** Plus, you'll be protected from unplanned pregnancy for up to 12 years!

Available by prescription. Blocks the hormones your body needs to conceive. It is **85% effective** in preventing pregnancy when taken **within 5 days** after unprotected intercourse. Unlike other pills, it doesn't decrease in effectiveness during those 5 days.*

Ella



Progesterone PILLS (PLAN B)



Available over the counter. This method is like a high-dose birth control pill. It can work up to 5 days after unprotected sex, but is less effective each day and it's **best used within 24 hours** of unprotected sex. This method **MAY NOT WORK** if you weigh more than 150 lbs (BMI>25)

YUZPE METHOD



You can use certain birth control pills as EC if you follow the Yuzpe Regimen guidelines. It is **72% effective** if taken within the **first 3 days** following unprotected sex.

*for more information go to: bedsider.org

Don't panic. Ask us what EC option is right for you!