



IMPORTANT TO REMEMBER:

- Take EC as soon as possible. Do not delay.
- Accidents happen. Get a supply of EC *before* you need it.
- Call your family planning clinic if you have questions and to learn about birth control methods that are right for you.

WHAT ELSE IS IMPORTANT TO KNOW?

- Emergency Contraception will **not** interrupt or harm an existing pregnancy. It will not interfere with a fertilized egg that has successfully implanted into the lining of the uterus.
- Emergency Contraception will **not** cause an abortion.



Public Health
Prevent. Promote. Protect.
**Florence County
Health Department**

FLORENCE COUNTY HEALTH
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Hours: Monday through Friday
8:30 a.m. to 4:00 p.m.



Facts about Emergency Contraception (EC)

A second chance when
you need it.



Have it in Advance

WHAT IS EC?

- EC is a higher dose of regular birth control pills. You can use it **after** unprotected sex.
- EC is very effective in preventing a pregnancy after unprotected sex but it is not 100% effective.
- EC is a back-up method: it is not a good substitute for a regular birth control method.



HOW DOES EC WORK?

- EC prevents ovulation, or the release of eggs from the ovaries.
- EC **may** prevent fertilization: it **may** thicken cervical mucus and make it difficult for sperm to pass through.
- There is **no** clinical evidence that EC interferes with a fertilized egg.
- EC will **not** interrupt or harm an existing pregnancy.

WHEN SHOULD I TAKE EMERGENCY CONTRACEPTION?

Take EC as soon as possible:

- If you have sex with no birth control protection.
- Your birth control did not protect you: Example: condom breaks, missed pills.
- Plan B® One-Step, Fallback Solo and levonorgestrel generic equivalents **are safe to use** after having a baby and while breastfeeding.



WHY IS TIME IMPORTANT?

EC works best to prevent a pregnancy if you take it **right after** unprotected sex

- You can take EC as late as 72 hours (3 days) after unprotected sex.
- EC is not recommended after 3 days.

ARE THERE ANY SIDE EFFECTS?

Sometimes, women who take EC may have side effects. After taking EC, you may:

- Feel a little sick to your stomach, or
- Feel like throwing up or vomiting, or
- Your breasts may feel sore.

WHAT ELSE SHOULD I DO?

Keep using your regular birth control method **after** you take EC.

- If you do not have a regular method of birth control, use condoms for protection.
- Contact your family planning clinic or healthcare provider **right** away to learn about your birth control options and to get a regular method that suits you.

WHAT IF I DON'T GET MY PERIOD?

If you do **not** get your period within three weeks **after** taking EC (or if your period is not normal), get a pregnancy test. Call your family planning clinic or healthcare provider if you have any questions.