

# Emergency Contraceptive Pill (ECP)

**Levonogestral** (Plan B, Contingency One, Next Choice, NorLeveo, Option 2)

## What is the Emergency Contraceptive Pill (ECP)?

The ECP contains the hormone progestin which helps to prevent pregnancy AFTER unprotected sex or failed birth control. For example a broken condom or missed birth control.

## How does ECP Work?

Delays or stops the release of an egg from your ovaries.

## How well does ECP work?

- About 50% effective.
- Most effective if taken up to 72 hours (3 days) after unprotected sex, but can be taken up to 5 days after unprotected sex.
- It may be less effective in people who weigh more than 75kg (165 pounds).

## How do I take it?

Take 1 or 2 pills depending on packaging as soon as possible up to 5 days after unprotected sex.

## How many times can I take ECP?

ECP should be taken every time you engage in unprotected sex; however, it should not be your usual method of birth control.

## Is it safe?

Yes, there is no harm to the woman who takes ECP. It does not cause birth defects, abortions or miscarriages if the pill does not work or if the woman is already pregnant.

## Are there any side effects of ECP?

- You might have some nausea. Talk to your health care provider, pharmacist or call 811 if you think you need to take anti-nausea medication.
- You could experience spotting or a delay with your next period. If you don't get your period within 3 weeks of taking ECP, do a pregnancy test.

## Will ECP affect my chances of becoming pregnant in the future?

Using ECP will not affect your ability to get pregnant in the future.

## Where can I get it?

You can get ECP without a prescription from:

- Youth clinics
- Options for Sexual Health
- Pharmacies (generic brands available for a lower cost).

## Please Note:

- ECP does not protect against sexually transmitted infections (STIs). Condoms should be used every time you have sex.
- If you have unprotected sex, you should get tested for STIs.
- ECP will not protect you against pregnancy if you have unprotected sex after you take ECP.

## Other Options for emergency contraception you can ask about:

- Ulipristal acetate 30 mg, (Ella®)
- Copper IUD link: [emergencyiud.com](http://emergencyiud.com)