



ECPs are for Emergency Use Only

ECPs are not for use as regular birth control. They are not as effective as regular birth control methods.

If you are having sex, use a regular birth control method (the pill, condoms, the shot, etc.)

ECPs don't protect you from sexually transmitted infections and AIDS. Condoms are the most effective protection against sexually transmitted infections and AIDS.

How Can I Get ECPs?

You can get ECPs from your doctor or clinic, including community clinics or health department clinics.

Call and tell them you need **Emergency Contraceptive Pills**.

If you're not sure where to go, call the:



Emergency Contraception Hotline
1-888-668-2528
(1-888-NOT-2-LATE)

English and Spanish are spoken.

The automated hotline is **free, confidential** and open **24 hours** a day. It will tell you where you can go for help.

You can also get more information on the:



World Wide Web
<http://opr.princeton.edu/ec/>

path

PATH is a nonprofit, international organization with headquarters in Seattle, Washington. PATH's mission is to improve health, especially the health of women and children.

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Emergency Contraception



It's Not Too Late To Prevent Pregnancy





Scared You're Pregnant?

Consider using **Emergency Contraception** if you had sex in the last 3 days and:

- you didn't use birth control
- the condom broke
- you were late for your birth control shot
- you missed two or more birth control pills in a row or started your pack late
- you were forced to have sex

Emergency contraception is a way to prevent pregnancy *after* sex.

There are two main methods of emergency contraception:

1. **Emergency Contraceptive Pills** (also known as ECPs or Morning After Pills) used within **3 days after sex**, or
2. **IUD** (intrauterine device) inserted within **5 days after sex**.

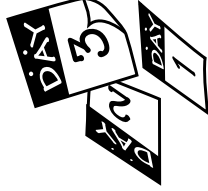
Ask your medical provider for details.

What are Emergency Contraceptive Pills (ECPs)?

ECPs are ordinary birth control pills. They are taken in **special doses within 3 days after sex** to prevent pregnancy. They reduce your chance of getting pregnant by 75%.

Don't Wait!

To help prevent pregnancy, you must take the **Emergency Contraceptive Pills** within **3 days** (72 hours) after sex.



Are They Safe?

The U.S. Food and Drug Administration has stated that ECPs are safe. They can greatly reduce the chance of pregnancy after unprotected sex.

Talk to your medical provider to learn if there is any reason you should not use ECPs.

How Do ECPs Work?

ECPs help prevent pregnancy by:

- temporarily stopping eggs from being released, or
- stopping fertilization, or
- stopping a fertilized egg from attaching to the womb.

ECPs will **not** work if you are already pregnant. ECPs are **not** abortion pills.

For information, call the **Emergency Contraception Hotline**. Free, confidential, 24 hours a day.

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Are There Side Effects?

ECPs make some women feel sick to their stomach or vomit. Some women may have sore breasts or headaches. These side effects last about one day. ECPs can also cause some women's periods to come a little early or late.

