

**Just had sex? Afraid of pregnancy?**

# Emergency Contraception

**(Emergency Birth Control)**

**Sexual assault support and resource line:**

1-800-656-HOPE (1-800-656-4673)



**Emergency contraception information and services in your area:**

1-800-SAFENET (1-800-723-3638)

[www.oregonsafenet.org](http://www.oregonsafenet.org)

1-888-NOT-2-LATE (1-888-668-2528)

[www.not-2-late.com](http://www.not-2-late.com)

This document can be provided upon request in alternative formats for individuals with disabilities. Other formats may include (but are not limited to) large print, Braille, audio recordings, Web-based communications and other electronic formats. Call 971-673-0355 (voice) or call 971-673-0372 (TTY) to arrange for the alternative format that will work best for you.

This brochure and more EC information is on our Web site at [www.healthoregon.org/fp](http://www.healthoregon.org/fp).

Funded in part by a U.S. DHHS-OPA grant.

**Don't wait. The sooner you take EC,  
the better it works to prevent pregnancy.**

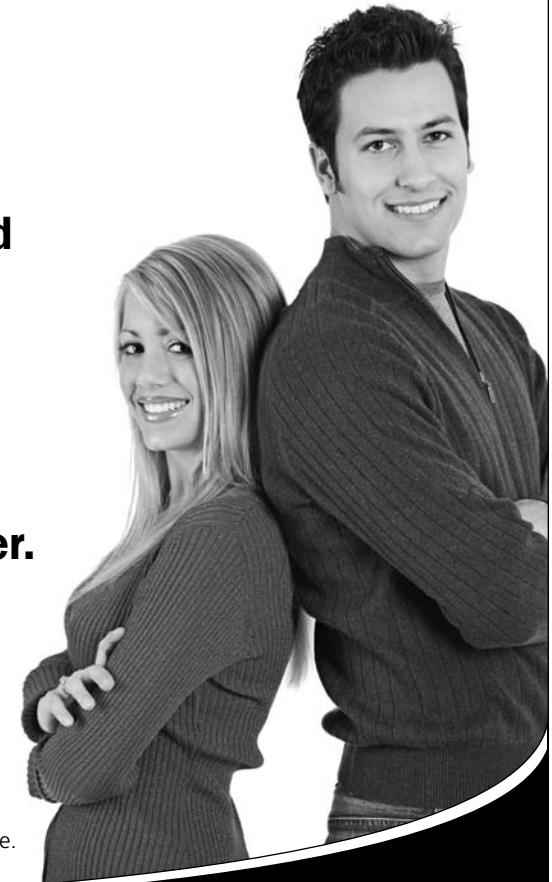


Women's and Reproductive Health Program  
DHS 9850 10/09

**Sometimes you need  
a second chance.**

You have up to 120  
hours (5 days) to act!

**The sooner the better.**



 | Independent. Healthy. Safe.

## **Emergency contraception (EC) lowers your chance of getting pregnant after sex.**

- Take EC as soon as you can.
- EC works best if you take it within 3 days (72 hours) after sex, but it can work up to 5 days (120 hours) later.
- EC pill packages may have 1 or 2 pills, depending on the brand. Follow the package directions.

## **When should I use EC?**

- If you didn't use birth control — when sex just “happened”;
- If your condom broke;
- If your partner didn't withdraw or “pull out” on time;
- If you missed birth control pills or started a new pack late;
- If you missed your birth control shot or got it late;
- After you have been raped or sexually assaulted.

## **How do EC pills work?**

They may keep:

- The egg from leaving the ovary;
- Sperm from meeting the egg;
- The fertilized egg from attaching to the uterus.

## **EC pills do NOT:**

- Work if you are already pregnant;
- Affect your ability to get pregnant in the future;
- Cause an abortion; they are **not** the same as the abortion pill, RU-486;
- Protect against sexually transmitted infections (STDs) and HIV/AIDS.

## **EC is safe and effective.**

EC pills:

- Have been used safely by millions of women for emergency birth control;
- Are a good way to prevent pregnancy after sex;
- Can reduce your risk of pregnancy by 89 percent;
- Have no known health risks;
- Have the same hormone used in birth control pills.

## **What will happen after I take EC?**

- You may have changes in the timing or flow of your next menstrual period. **If your period is more than one week late, you may be pregnant.**
- You may have some nausea, abdominal pain or dizziness, similar to some of regular birth control pills' side effects.
- **If you vomit within one hour of taking an EC pill, call a health care provider to see if the dose should be repeated.**

## **Where can I get EC?**

- Pharmacies (males and females 17 years or older do not need a prescription to get EC);
- Health care providers and family planning clinics;
- Hospital emergency rooms after rape or sexual assault;
- You may qualify for free or low cost EC and birth control methods in your area. For more information, call 1-800-SafeNet (1-800-723-3638).

