

About Emergency Contraception

Emergency Contraception (EC) is birth control you can use to prevent pregnancy up to five days (120 hours) after sex. It may be needed if you weren't using birth control when you had penile-vaginal sex, you forgot to take your birth control, your partner's condom slipped off or broke, your partner didn't pull out in time, or you had unprotected penile-vaginal sex. It is also known as the "morning after pill."

HOW MUCH DOES EC COST?

The cost depends on the method and place you buy it. For the IUD - contact your insurance company for copay information.

WHERE CAN I GET EC?

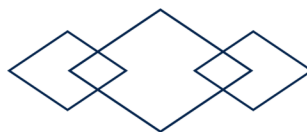
At Carolina, you can go directly to the Campus Health Pharmacy or Student Stores Pharmacy to get EC pills without an appointment or prescription. To be evaluated for an IUD as EC call Campus Health as soon as possible at 919.966.2281.

CAN I USE EC INSTEAD OF REGULAR BIRTH CONTROL?

EC pills are not usually used as an ongoing contraceptive method - they are not generally as effective as other methods and can cause menstrual changes during each cycle of use. They can also be more expensive. However, some IUDs can be inserted for EC purposes and left in for ongoing contraception.

WHAT IS THE DIFFERENCE BETWEEN EC METHODS AND THE ABORTION PILL?

EC methods do not cause abortions. All EC methods work to prevent ovulation, fertilization or implantation. If a woman is already pregnant, meaning that a fertilized egg has implanted in the uterus, EC will not work. EC is not the same as mifepristone (RU-486), a pill used for medical abortion.



More Information

- Campus Health Gynecology 919.966.3650
- Campus Health Pharmacy 919.966.6554 or Student Stores Pharmacy 919.966.8166
- Student Wellness 919.962.WELL

Further Reading

- bedsider.org
- ec.princeton.edu

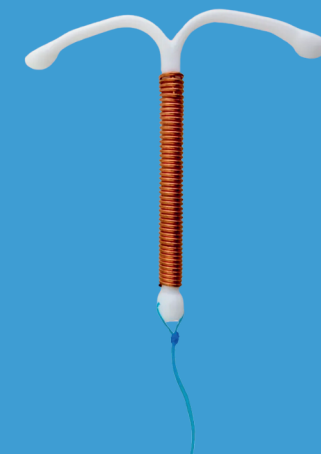


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THE UNIVERSITY
of NORTH CAROLINA
at CHAPEL HILL



EMERGENCY CONTRACEPTION



Options for Emergency Contraception (EC)

IUD

(Paragard®, Mirena®, Liletta®)

Pros:

- Nearly 100% effective at preventing pregnancy when placed within 5 days after unprotected sex
- Most effective form of emergency contraception available
- Paragard® can prevent future pregnancies for up to 10 years or longer; hormonal IUDs (Mirena®, Liletta®) prevent pregnancies for up to 8 years and may improve periods
- Insurance may cover all or some of the cost
- The IUD is most effective for people of any body weight

Cons:

- Must be inserted into the uterus by a medical provider
- If your insurance does not cover all of it, the IUD and insertion may be expensive
- Possible heavier and longer periods and/or more cramping with the Paragard® IUD
- No protection against STIs
- Can be removed after 1 month

How it works:

The IUD's precise mechanism is not known; likely several factors are involved.



Approximate size

Levonorgestrel Pill

(Plan B One-Step®, Aftera®, Next Choice One Dose®, EContra EZ®)

Pros:

- Can be used up to 5 days (120 hours) after unprotected sex but is most effective within the first 72 hours.
- Easy to access – anyone can obtain without a prescription at pharmacies, including Campus Health Pharmacy and Student Stores Pharmacy as well as the Healthy Heels 2 Go vending machines.
- Can be obtained before you might need it in case of emergencies.
- Can immediately start other hormonal contraceptives for longer-term use (but need to use a backup method for 7 days after starting).

Cons:

- May cause your next period to be earlier or later than you expect and be heavier or lighter.
- Frequent use may cause periods to become irregular.
- May cause nausea (take pills with food to reduce this effect. If you throw up within 2 hours of taking the pill, notify your provider).
- Less effective than the IUD or Ulipristal.
- Less effective for those who weigh 165–175 lbs.
- May not be effective for those who weigh 176 lbs or more.

How it works:

These pills contain progestin, which prevents pregnancy by delaying and/or suppressing ovulation.



Ulipristal

(Ella®)

Pros:

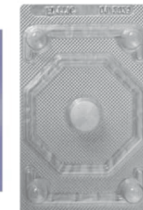
- FDA approved for use up to 5 days (120 hours) after unprotected sex.
- Insurance may cover all or some of the cost of ulipristal like it would any other prescription.
- Can be obtained with a prescription in case you need it in the future.
- Can be used for people of all body weights.

Cons:

- Requires a prescription from a provider or pharmacist.
- The most common side effects include nausea, menstrual cramps or headaches.
- Need to wait 5 days after taking Ulipristal before starting/restarting birth control pills, patch, ring, injectable, or implant.
- Need to use back-up method of birth control (like condoms or abstinence) for 2 weeks after taking Ulipristal.

How it works:

Ulipristal modulates progesterone receptors, which prevents pregnancy by delaying and/or suppressing ovulation by at least 5 days.



Emergency Contraceptive Pills are not as effective as a regular method of birth control.
No form of emergency contraception protects against Sexually Transmitted Infections. Contact your provider for testing information.