

Where can I get EC?

- Pharmacies
 - » Plan B One-Step® and generic brands are for all ages with no prescription.
 - » You need a prescription for ella®.
- Health care providers and family planning clinics.
- Hospital emergency rooms after rape.
- Call 2-1-1 to find free or low cost EC and birth control near you.



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

Portland Women's Crisis Line:

24 hour resources and support for survivors of domestic and sexual violence.
Toll free 1-888-235-5333 (503-235-5333)

National Sexual Assault Hotline:

1-800-656-HOPE (4673)

211info:

Dial 2-1-1 for a clinic near you.

Oregon Contraceptive Care:

Find out more about Oregon clinics and birth control at ccare.oregon.gov.

Bedsider:

A free birth control support network operated by the National Campaign to Prevent Teen and Unplanned Pregnancy.

www.bedsider.org

This document can be provided upon request in an alternate format for individuals with disabilities or in a language other than English for people with limited English skills. To request this publication in another format or language, contact the Oregon Reproductive Health Program at 971-673-0355 or 711 for TTY.

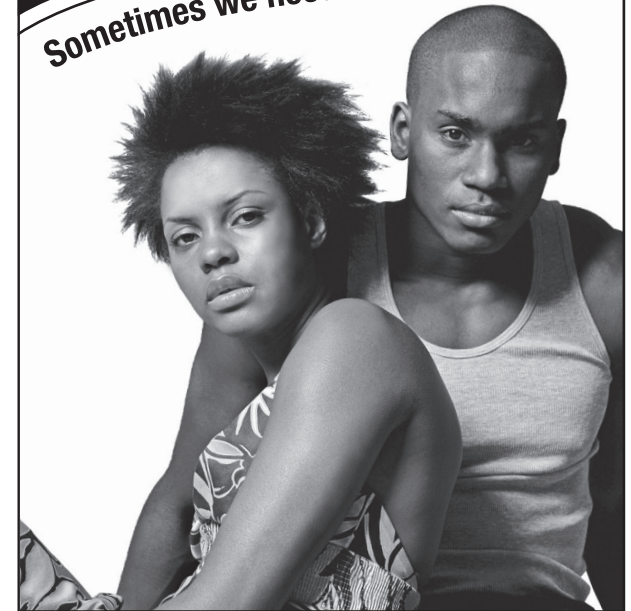
*Download this brochure in English and other languages at www.healthoregon.org/rh.
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**Just had sex?
Worried about pregnancy?**

Emergency Contraception

(Emergency Birth Control)

Sometimes we need a second chance.



The sooner the better.
You have up to 120 hours
(5 days) to act!

**Oregon
Health**
Authority
PUBLIC HEALTH DIVISION
Reproductive Health Program

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

- Take EC as soon as you can.
- EC works better the sooner you take it, but it can work up to five (5) days (120 hours) later.



Don't wait!

Take EC as soon as possible after sex without birth control!

Use EC if:

- You didn't use birth control.
- Your condom broke.
- Your partner didn't withdraw or "pull out" on time.
- You missed using or taking your birth control on time.
- You were forced to have sex without birth control.

EC does not cause an abortion.

EC does not work if you are already pregnant.

EC does not lower your chance to get pregnant in the future.

EC is safe and effective.

EC pills:

- Are backup birth control to prevent pregnancy after sex.
- Work like birth control pills.

How do EC pills work?

They may:

- Keep the egg from leaving the ovary.
- Keep sperm from meeting the egg.
- Change the lining of the uterus.

After taking EC:

- Some women feel dizzy or have stomach pain, sore breasts, or spotting.
- **If you vomit within two (2) hours after taking EC**, call your health care provider. You may have to take the pill again.
- If your period is more than one (1) week late, you may be pregnant.
- Use backup birth control, like condoms, until your next period.

What about the IUD?

- The IUD (intrauterine device) is a small piece of plastic with a short string.
- IUDs work best for EC. Your health care provider needs to place it in your uterus within five (5) days after sex.
- Some IUDs work as birth control for up to 12 years.

3 types of EC are:



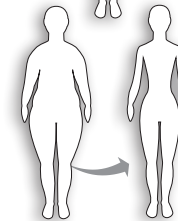
ella®

(May not work as well if you weigh more than 193 pounds).



Plan B One-Step® and generic brands

(May not work as well if you weigh more than 154 pounds).



Copper IUD

(Works the best at any weight).