

ECPs are for Emergency Use

For most women, ECPs are not the best choice for regular birth control. They are not as effective as almost all regular birth control methods and can be more costly.

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

ECPs do not protect you from sexually transmitted infections and AIDS. Condoms are the most effective protection against sexually transmitted infections and AIDS.

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.

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. Progestin-only ECPs have few side effects. ECPs can also cause some women's periods to come a little early or late.

How Can I Get ECPs?

You can get an ECP prescription from your doctor or health clinic. In some places women can go directly to pharmacies for ECPs. Check this website for information about dedicated ECP products and regular birth control pills available in countries around the world that can be used for EC:

<http://www.not-2-late.com>

(English, Spanish, French, Arabic)

1 - 888 - 668 - 2528

(1 - 888 - NOT - 2 - LATE)

Emergency Contraception



**It's Not
Too Late
To Prevent
Pregnancy**



PATH is an international, nonprofit organization that works to improve global health. Collaborating with private- and public-sector partners, PATH develops appropriate technologies and creates sustainable, culturally relevant solutions to public health problems. For more information, visit www.path.org.

Scared You're Pregnant?

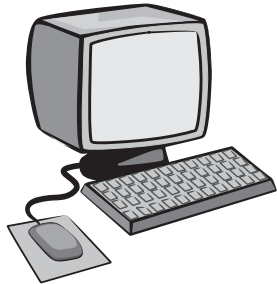
Consider using emergency contraception if you had sex in the last 5 days and:

- 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 5 days after sex, or
2. IUD (intrauterine device) inserted within 7 days after sex.

Ask your medical provider for details.



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What are Emergency Contraceptive Pills (ECPs)?

ECPs are birth control pills. They are taken in special doses within 5 days after sex to prevent pregnancy. There are two types of ECPs:

- Progestin-only pills reduce the chance of getting pregnant by 89 percent.
- Estrogen/progestin pills reduce the chance of getting pregnant by 75 percent.

Taken in special doses, some regular birth control pills can be used as EC. This website lists pill brands and dosages for each country: <http://www.not-2-late.com>

How do I take ECPs?

- You can take progestin-only pills either in a single dose or in two doses: the first dose within 120 hours of unprotected sex and the second dose 12 hours later.
- You must take estrogen/progestin pills in two doses: the first within 120 hours and the second 12 hours later.
- Take the dose that works best for you.

Don't Wait!

To help prevent pregnancy, you must take emergency contraceptive pills within 5 days (120 hours) after sex. ECPs are more effective the sooner after intercourse they are taken.



How Do ECPs Work?

Studies show that in most cases, ECPs help prevent pregnancy by temporarily stopping or delaying eggs from being released (ovulation), which prevents fertilization.

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

For information in the United States, call the emergency contraception Hotline. Free, confidential, 24 hours a day.



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