

USE EVERY TIME HORMONAL



# EMERGENCY CONTRACEPTION PILLS



## HOW DO I USE IT?

You can use Emergency Contraception Pills if something went wrong with your method or you didn't use one during sex and want to prevent pregnancy. Depending on the type you get, you can take it up to 3-5 days after unprotected sex.



## HOW EFFECTIVE IS IT?

Depending on the type, Emergency Contraception Pills are 97-99% effective if you take them within 72 hours after unprotected sex. They are more effective the sooner you take them.



## WHAT I MIGHT LIKE...

- + Some types are available over-the-counter at pharmacies and drugstores
- + Emergency Contraception cannot cause an abortion



## WHAT I MIGHT DISLIKE...

- Your body weight might make the pills less effective. Talk with your provider about what type of pill is best for you.
- You might get spotting, cramping, nausea, headaches, fatigue, or dizziness with the pill the first few days after you take it
- Your next period might be unpredictable
- You won't be protected from STIs



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