



What to Know About Emergency Contraception (EC)

Why you might need Emergency Contraceptives

An "oops!" moment: the condom breaks or you forget to take your birth control pill. Withdrawal gone wrong or you are unsure if your partner pulled out on time. Scary Situations: Rape is a horrible thing, but it happens. A victim/survivor of rape may choose to use EC.

Emergency Contraceptive Pills (ECPs) are NOT the Abortion Pill

Emergency contraceptive pills can stop a pregnancy BEFORE it starts. If a pregnancy has already occurred, it will not cause an abortion. This is why it is critical that you take EC as soon as possible after an unprotected sexual encounter. You should know that emergency contraception is LEGAL in Alabama.

Types of Emergency Contraception Explained

Paragard

If you get the Paragard IUD inserted within 5 days after unprotected sex, it can lower the chance of pregnancy by 99.9%. You'll need to make an appointment with a health care provider to have this procedure.

ella

The newest form of EC, available by prescription. Blocks the hormones your body needs to conceive. Works up to 5 days after unprotected sex. Unlike other EC pills, ella doesn't decrease in effectiveness during those 5 days.

Plan B

Plan B One-Step, Next Choice One Dose, Next Choice, EContra One-Step, After Pill and Levonorgestrel. Available over the counter or online without a prescription. Similar to birth control pills, but at a much higher dose. Can work up to 5 days after unprotected sex, but effectiveness decreases each day.

Cost of Emergency Contraceptives Explained



Paragard

With Medicaid: Free
With Insurance: Free under most plans
Without Insurance: Depending on Income, you could go to a low-cost clinic
Full Price of Paragard: \$500-932



ella

With Medicaid: Free
With Insurance: Free under most plans
Without Insurance: Available online for \$67



Plan B

With Medicaid: Free
With Insurance: Free
Without Insurance: \$35-49.99 at pharmacies

Quick Facts about Emergency Contraceptives



Effectiveness

If used correctly, Paragard as EC is extremely effective; EC pills are less effective



Effort

Paragard is inserted once and lasts for years. The number and dose of EC pills varies



Side Effects

With Paragard you might have increased blood flow, cramping; EC pills can cause upset stomach and vomiting. These should go away in 24 hours or less.



Accessibility

Paragard must be inserted by a provider; ella and Yuzpe require prescription; Plan B One Step is available without prescription



Keep some on hand

The sooner you take EC the more effective it is. For this reason, it may be a good idea to keep a box on hand. The Yellowhammer Fund distributes free EC across Alabama.

Spread the Word!

There are lots of misconceptions about emergency contraceptives. Tell the people in your life that this is one option among many other forms of birth control to prevent a pregnancy if they ever need it.



What are the benefits?

We always think it's a benefit to have control of your body and to prevent a pregnancy until you are ready. EC helps you do that when the unexpected happens.



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