

Emergency Contraceptive Pills



Emergency contraception (EC), sometimes referred to as the “Morning After Pill” or “Day After Pill”, is birth control used *after* sex.

WHEN should I use EC?

You had sex and believe your birth control method failed.

(ie. Condom broke or fell off, forgetting to take a pill, , forgetting to use a condom, forgetting to replace your contraceptive patch, etc.)

You had sex and are not using a birth control method.

Acquire Emergency Contraception

(Ex: PlanB One-Step, Take Action, Next Choice One-Dose, My Way, or other emergency contraceptives in the family planning aisle.)

DO NOT use as a regular birth control method.

COMMON MISCONCEPTIONS

You can only take it the morning after..

Most emergency contraception pills can be taken up to 5 days (120 hours), but are recommended that you take them as soon as possible. Check your chosen emergency contraception label for specific information.

You need a prescription..

Most local pharmacies have it available over the counter in their feminine care or family planning aisle. However, if you prefer to get it from your provider, they can issue a prescription for it.

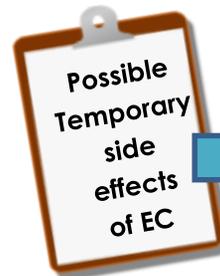
You must be 17 years or older..

There is no age restriction. Emergency Contraception labels may *recommend* its use for age 17 years or older, but there is no age restriction. No photo ID is required to purchase it.

It's an abortion pill..

It is **NOT** an abortion pill. It is a single tablet with a hormone that is often used in birth control pills, just in a higher dose.

THE TRUTH ABOUT EC



- Nausea
- Vomiting
- Headaches
- Dizziness
- Fatigue
- Breast tenderness
- Abdominal pain
- Spotting between periods
- Changes in your menstrual cycle

WHERE can I get EC?



Pharmacies Most local pharmacies provide over the counter contraceptives in their family planning aisle. Costs range from \$30-\$60. Call ahead to confirm availability

Family PACT providers Examples of Family PACT providers include *Sutter County Peach Tree Clinic, Ampla Health, and Women's Circle*. **EC is often available at no cost to Family PACT clients.** Visit www.familypact.org for more providers in your area.

Planned Parenthood Your local Planned Parenthood:
430 Palora Ave. #G Yuba City, CA PH. (530) 674-2603.
Visit www.plannedparenthood.org for more locations.

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