



## WHAT ARE EMERGENCY CONTRACEPTIVE PILLS (ECPs)?

**ECPs** are a safe and effective method of birth control that prevent pregnancy after sex.

You should start **ECPs** within 120 hours (5 days) after unprotected sex if you don't want to become pregnant.

**ECPs** are more effective the sooner after sex they are taken.

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



## FOR EMERGENCY CONTRACEPTIVE PILLS:

Call your healthcare provider or clinic.

Call 1-888-NOT-2-LATE (1-888-668-2528)  
Spanish hotline number: 1-866-EN-TRES-DIAS  
for a list of emergency contraception providers.  
(confidential and free, English and Spanish)

Visit the emergency contraception website  
[www.backupyourbirthcontrol.org](http://www.backupyourbirthcontrol.org).

In AK, CA, HI, ME, NM, and WA, women can go directly to certain pharmacies for ECPs.

Call the EC hotline for information.



# 1-888-NOT-2-LATE

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[backupyourbirthcontrol.org](http://backupyourbirthcontrol.org)



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Text adapted from PATH ([www.path.org](http://www.path.org)) 2000

## Just had sex? Afraid of pregnancy?

Find out more about how you can back up your birth control.





## WHEN DO I USE EMERGENCY CONTRACEPTIVE PILLS?

ECPs can be used if you had unprotected sex in the past 5 days. Use ECPs if:

- You didn't use any birth control.
- The condom broke.
- You missed 2 or more birth control pills or started your pack late.
- Your diaphragm slipped.
- You missed your birth control shot.
- You were forced to have sex.



## HOW DO EMERGENCY CONTRACEPTIVE PILLS WORK?

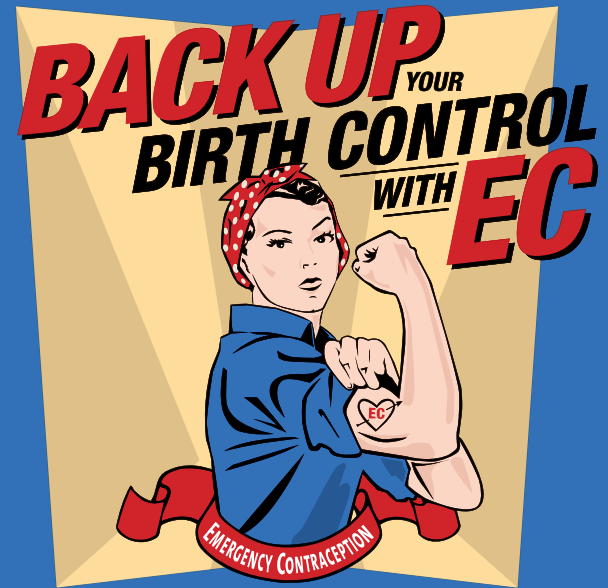
ECPs prevent pregnancy by:

- Temporarily stopping an egg from being released, or
- stopping fertilization of the egg, or stopping a fertilized egg from attaching.



## HOW DO I TAKE EMERGENCY CONTRACEPTIVE PILLS?

Take the first dose of emergency contraception as soon as possible within 120 hours after unprotected sex — and the sooner the better. Take the second dose 12 hours later. Keep a packet of ECPs at home to use when you need them. **ECPs do not protect against sexually transmitted diseases, including HIV/AIDS.**



### 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. ECPs can also cause some women's periods to come a little early or late. They do not affect a woman's ability to become pregnant in the future.

### ARE THERE DIFFERENT TYPES OF ECPs?

Yes, different types of ECPs have different levels of effectiveness and side effects. Taken in special doses, some regular birth control pills can be used as emergency contraception. Ask your provider or visit [www.not-2-late.com](http://www.not-2-late.com).

For information on how to get ECPs,  
call the national hotline:

**1-888-NOT-2-LATE**