

Emergency Contraceptive Pills

Did you know...

Under a new law in California women can now get Emergency Contraception EC direct from a participating pharmacy without first having to go to a clinic or doctor!

This new pharmacy service makes it easier to get EC right away, even on weekends and holidays.

What is Emergency Contraception (EC)?

- Emergency Contraception, or EC, is a safe method to prevent pregnancy after unprotected sex
- EC is regular birth control pills taken in special doses. There are now two pre packed EC products called Plan B and Preven
- EC is taken within 3 days or 72 hours after sex
- Over 95% of the women who take EC do not become pregnant
- EC is not the same as RU 486 Mifepristone ; EC will not cause an abortion

When should I take EC?

- 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
- Your diaphragm slipped
- You were forced to have sex

EC is not effective as a routine method of contraception.

How does EC work?

EC helps prevent pregnancy by:

- Temporarily stopping eggs from being released, or
- Stopping fertilization, or
- Stopping a fertilized egg from attaching to the womb

EC will not work if you are already pregnant.

EC will not prevent sexually transmitted infections or HIV/AIDS.

What are the side effects?

- Almost all women can safely use EC; there are no long term or serious side effects from using EC
- The main side effects are nausea and vomiting; an over the counter anti nausea medicine can help reduce nausea or vomiting if taken one hour before EC
- Other side effects may include fatigue, headache, dizziness and breast tenderness

What can I expect if I go to a pharmacy to get EC?

- You will receive friendly, confidential and non judgmental service
- A few simple questions to make sure EC is right for you
- You will be given a fact sheet about EC that you can take with you
- You may get referrals, if you want, to a local family planning clinic or doctor and other community services

What is a pharmacist required to do in order to provide EC to women in their community?

- Be a participant in the new "EC Pharmacy Program," which includes special training and protocol arrangements with a doctor
- Give you written information you can take with you on EC

To find a participating pharmacy near you:

Call our hotline at 1-800-323-1336 or visit our Web site at www.EC-Help.org

The Emergency Contraception Pharmacy Program was established in California so women could get EC straight from a local participating pharmacy, without first visiting their clinic or doctor. In this program pharmacists are able to provide women with EC under a standardized protocol from a doctor.

If your local pharmacy does not participate in the EC Pharmacy Program, we encourage you to have them contact us. If there is no pharmacy listed in this program near you, call your doctor or clinic.

