

Emergency Contraception: My Life, My Decision



Guess what?!

The "morning-after pill" is for more than just the morning after!

It actually prevents pregnancy BEST if you use it RIGHT AWAY after sex when:

you didn't use a condom

the condom broke/slipped off

you forgot to take your regular birth control

you didn't plan on having sex

It can even work UP TO 5 DAYS AFTER, but don't wait- take it as soon as you can!

Q&A About Emergency Contraception (EC)

1. What is EC?

It is medicine that has a hormone which prevents pregnancy when you take it after unprotected sex. Most people know it by the name Plan B. It prevents pregnancy best if you take it right away after unprotected sex but it can work up to five days afterwards.



2. How does EC work?

EC works best the sooner you take it after unprotected sex. It can do different things like PREVENT:

- / an egg from being released from your ovary /
- / sperm from joining an egg /
- / your body from letting an egg attach to it /

3. Is EC an abortion pill?

NO. EC works by preventing pregnancy. It will not do anything if you are already pregnant.

4. Is EC just swallowing a regular pill?

Sometimes EC is only one pill. If you get more than one pill, follow the directions on the package.

5. Are there any side effects?

YES. It is common to get nausea and cramps. Some girls throw up, too.

If you get severe abdominal pain or vaginal bleeding or if you throw up within one hour of taking a pill- call your doctor.

6. When do I go back to using my regular birth control?

Restart your regular birth control right away. Then think about making an appointment for a highly recommended long-term birth control option like an intrauterine system or implant. Always use a condom every time you have sex to protect yourself against HIV and other STDs!

7. Who can get EC?

EC is SAFE and laws are changing to make it available to ALL GIRLS, even without a prescription in many places! Call your local pharmacy to find out if you will need a prescription at your age.

8. Will my parents find out?

This is your private sexual information so your parents shouldn't be able to find out. The best way to keep it private is to use a teen or family planning clinic.

9. Is EC expensive?

EC is free at some clinics. If clinics are closed, you will need to buy it at a pharmacy and it can be expensive. Your doctor can give you a prescription to have in case of unplanned unprotected sex so insurance can help pay- but remember you don't need a prescription to get EC.

10. Where do I go to get EC?

- Teen or Family Planning clinics (see list below) or any pharmacy
 - If you can't get EC anywhere else, you can go straight to an ER
- (Remember, the sooner you take EC the better it works and preventing a teen pregnancy could save your future!)



1 in 3 Teenage Girls
will be pregnant by age 19

Some Free Clinic Options:

- St. Christopher's Adolescent Clinic: (215) 427-3802; Front and Erie, 2nd Floor
- Temple Family Planning Clinic: (215) 707-3232; Broad and Tioga, 8th Floor
- Drexel Women's Care Center: (215) 762-7824; 1427 Vine Street, 7th Floor
- Einstein Family Planning Clinic: (215) 456-7180; 5501 Old York Road, Paley Building 3
- CHOICE Teen Hotline (for more options): (215) 985-3300

More Info:

1-888-NOT-2-LATE or www.not-2-late.com