Now That You’ve Purchased Emergency Contraception

You may have purchased Emergency Contraception (EC) for a variety of reasons, including contraceptive failure and unplanned sex. Below is some important information that may apply to you, or to someone you know, including a partner or friend.

**Considerations**
- EC is a safe option for nearly all women who have had unprotected intercourse with a man and who do not want to become pregnant.
- EC does not protect against sexually transmitted infections (STI). If you have concerns about being exposed to an STI, please speak with a Gannett nurse by phone (255-5155, available 24/7) or in-person.
- EC will not provide pregnancy protection against future unprotected intercourse.
- EC is helpful in reducing risk of pregnancy after unprotected intercourse, but is not as effective as other methods of contraception.
- If you do not already use regular birth control (e.g., oral contraceptive pills, condoms, etc.) and you have sex with men, consider talking with a Gannett clinical counselor or nurse about birth control options. (Call 255-5155 for an appointment.) This free appointment can help you decide what might work best for you.
- If you are currently using oral contraceptive pills, restart them the day after you take EC. Do not have vaginal sex. Or, if you do, use a back-up method (such as condoms) according to these recommendations:
  - If you have taken a progestin-only EC (e.g., Plan B, next choice): use a backup method until you have taken seven pills in a row.
  - If you have taken ella: use a backup method until you have finished your current pill pack and begin another.
- Non-prescription birth control and safer sex supplies (e.g., condoms, spermicides) are available for purchase at the Gannett Pharmacy.

**Unwanted or forced sexual contact**
If the need for EC is due to an unwanted or forced sexual encounter, we are available to talk with you, provide care, and offer support.
- Gannett staff members are available by phone 24 hours a day to provide information to survivors of sexual assault.

**Instructions**
- Take EC by mouth as soon as possible after unprotected intercourse. The longer the interval between unprotected intercourse and EC, the less effective it will be.

**EC is most effective if taken within 24 hours of unprotected intercourse.**
The manufacturer’s instructions suggest the pill be taken within 72 hours for maximum effectiveness; however EC can be taken up to 5 days (120 hours) after intercourse with some benefit.
- Some women experience minor side effects like nausea. *If you vomit within one hour of taking EC, call Gannett to speak with a nurse (255-5155).* Although this is not a serious health threat, you may need to repeat the dose.
- Some women experience a change in their menstrual cycle after the use of Emergency Contraception. Your period may start a few days earlier or later than usual. *If you do not get your period within three weeks of taking EC, a pregnancy test is recommended.*

**Alcohol and EC**

If your use of alcohol or other drugs (AOD) played a role in your need for EC and/or you would like to explore your AOD use in a non-judgmental, supportive setting, call Gannett Health Promotion (255-4782) for a free and confidential appointment.

**For more information**
- Visit [www.not-2-late.com](http://www.not-2-late.com)