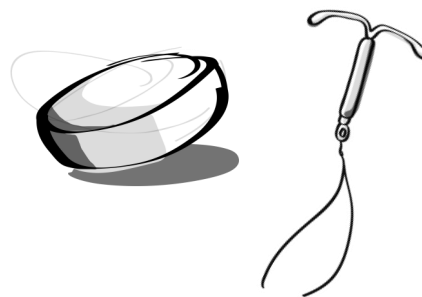




# Emergency Contraception



**Emergency contraception prevents pregnancy after unprotected vaginal sex. The sooner after unprotected sex that EC is used, the more effective it will be.**

**Emergency Contraception might be a good option if :**

- You missed your birth control pill, patch, ring or injection
- You didn't use any contraception
- The condom broke
- You were the victim of sexual violence (sexual assault)

## How does Emergency Contraception work?

**There are two types of emergency contraception to choose from in Canada, the Emergency Contraception Pill and the Copper Intrauterine Device**



### **Emergency Contraception Pill (ECP) (Morning After Pill)**



The Emergency Contraception Pill works by preventing ovulation, preventing sperm from fertilizing the egg or stopping the egg from implanting in the uterine wall. The EC Pill will not harm you or the fetus if you are already pregnant. It is meant to be used occasionally, not as routine contraception.

ECP is most effective at preventing pregnancy when taken within 24 hours of unprotected vaginal sex. It can be taken up to five days after unprotected sex, but effectiveness declines the later it is taken. A BMI (body mass index) over 25 may reduce the effectiveness of ECP.

The Emergency Contraception Pill can be safely used if you are breastfeeding. In most cases, ECP will not affect your breast milk supply, and if it does, your supply should return to normal within a couple of days.

**The most common ECPs in Saskatchewan are:**

LNG-EC Pills (Plan B®) contains a progestin called Lenonorgestrel

UPA-EC (ella®) contains Ulipristal Acetate



## THE SOONER AFTER UNPROTECTED SEX ECP IS TAKEN, THE MORE EFFECTIVE IT WILL BE.

ECP is available at STI Clinics and Pharmacies.  
No prescription needed.

### What side effects could I expect from ECP?

ECPs can sometimes cause . . .

- nausea, headaches, cramping, vomiting, dizziness, breast tenderness
- your next period to be a bit early or late



#### Emergency Contraceptive Copper IUD



The Copper IUD is a small T-shaped copper device that is inserted into the uterus by a health care professional to prevent pregnancy. It is the most effective form of emergency contraception when inserted within 7 days of unprotected sex. Once inserted, the copper IUD can remain in place as your regular form of contraception. For more information about this option, check out our IUD information sheet or visit [www.sexlifesask.ca](http://www.sexlifesask.ca).

To find out more about contraception or other areas of your sexual health, explore . . .