











WHAT IS EC?

EC is contraception that prevents pregnancy after intercourse. EC makes it less likely that a person will get pregnant from a specific instance of intercourse. EC works by delaying ovulation – it does not interrupt an established pregnancy or cause abortion.

WHEN TO PROVIDE EC

- Unprotected intercourse in past 5 days
- Intercourse with method failure, including:
 -  **Condoms:** Rips or slips so that semen could be in vagina
 -  **Pulling out:** Some semen could be in vagina
 -  **Combined hormonal pills:** 2+ missed active pills in a row
 -  **Progestin-only pills:** Active pill missed or taken too late according to directions (*late pill directions vary by brand*)
 -  **Spermicide, Sponge, Phexxi, Diaphragm, or Cervical Cap:** Concern about proper placement before sex
 -  **Fertility awareness:** Difficulty or concerns about tracking body changes or irregular periods
 -  **Ring:** Left out 3+ hours or late replacing it according to directions (*changing ring directions vary by brand*)
 -  **Patch:** Off for 24+ hours, 2+ days late changing patch, or late putting patch on after patch-free week
 -  **Shot:** 14+ weeks since last shot
 -  **IUD:** Expelled
- May be appropriate as primary contraception for those not frequently having intercourse
- Can be used as a bridge method until another form of contraception can be provided
- Provide oral EC prescription in advance of need for patient to have on hand in case of need
- Prescribe postpartum if patient does not receive another contraceptive method prior to discharge
- Prescribe EC with maximum refills

EMERGENCY CONTRACEPTION OPTIONS

Progestin-only pill



Brand: Plan B One-Step (1.5mg) and several generic forms
Active Drug: Levonorgestrel
Time: Can be taken up to 5 days after unprotected intercourse, most effective up to 3 days
BMI Efficacy: Less than 26 (less effective if larger BMI)
Effectiveness when used as described: 89%
Breastfeeding: No effect
Access: Can be purchased over the counter. Can give prescription so \$0 to patient
Post-EC Contraception: Can begin immediately
Contraindications: None

Anti-progestin pill



Brand: ella
Active Drug: Ulipristal acetate
Time: Can be taken up to 5 days after unprotected intercourse
BMI Efficacy: Less than 35 (less effective if larger BMI)
Effectiveness when used as described: 94%
Breastfeeding: Recommended to refrain from breastfeeding and discard pumped milk for 24 hours after taking ulipristal acetate
Access: Requires prescription
Post-EC Contraception: Recommended to start hormonal contraception no sooner than 5 days after using ella and to use back-up protection for 7 days after starting contraception. However, for methods requiring a provider visit, consider starting the method at the same time as taking ella. Can counsel about the risk that the method may make ella less effective. If starting hormonal method at the same time as ella, patient should abstain from sex or use a barrier method for the next 12 days.
Contraindications: None

Copper IUD and Levonorgestrel 52mg IUD



Brand: Paragard (copper); Mirena and Liletta (levonorgestrel)
Active Drug: None (copper); Levonorgestrel
Time: Can be inserted up to 5 days after first unprotected intercourse since last menstruation
BMI Efficacy: No restrictions
Effectiveness when used as described: 99%
Breastfeeding: No effect
Access: Provider insertion
Post-EC Contraception: Can be used as ongoing contraception for up to 12 (copper) or 7 (levonorgestrel 52mg) years
Contraindications: Same as IUDs for contraception use