# EMERGENCY CONTRACEPTION (EC) INFORMATION SHEET

## WHAT IS EC?
EC is contraception that prevents pregnancy after sexual 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:
  - Condom breaks or slips
  - 2 + missed active OCPs in a row
  - 3+ hours late taking progestin-only pill
- Patch off for more than 24 hours during patch-on week, more than 2 days late changing patch, or late putting patch on after patch-free week
- Vaginal ring out for more than 3 hours during ring-in weeks, same ring left in for more than 5 weeks in a row, or late putting new ring in after ring-free week
- Depo shot > 14 week interval
- Expelled IUD

- 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

## 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 at pharmacy. 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
- **Brand:** Paragard
- **Active Drug:** None
- **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 as ongoing contraception for up to 12 years
- **Contraindications:** Same as copper IUD for contraception use