

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 ongoing contraception for up to 12 years

Contraindications: Same as copper IUD for contraception use

