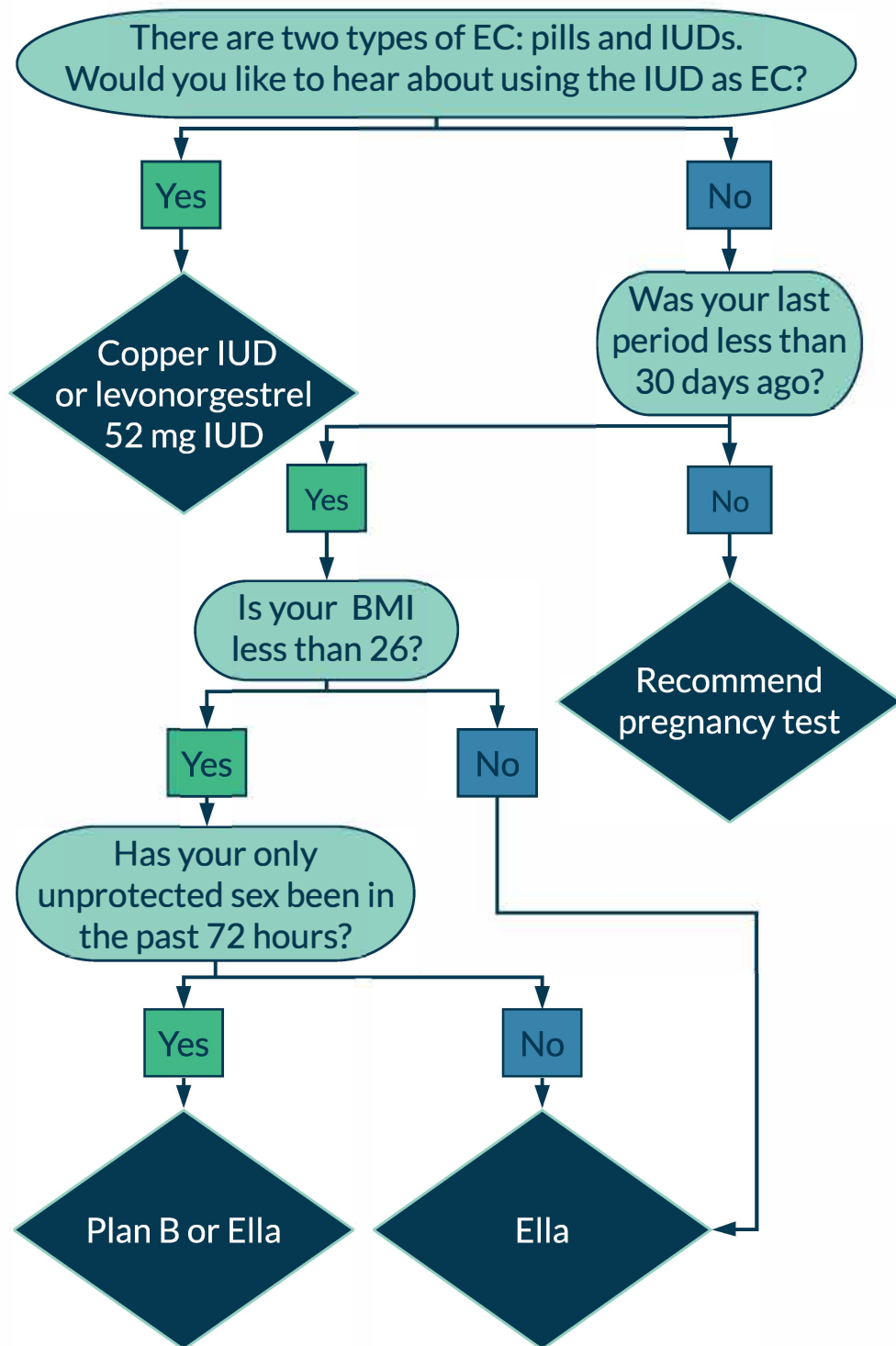


## CONSIDERATIONS WHEN SELECTING A METHOD OF EMERGENCY CONTRACEPTION (EC)



### Patient Counseling:

**ORAL EC:** Ella is the most effective oral EC.

- BMI affects the efficacy of Ella and Plan B (*see flow sheet*).
- Both pills are effective up to 120 hours/5 days after sex, but Ella works better than Plan B after 72 hours/3 days.
- Plan B (and generic versions) are over the counter but are cheaper with a prescription and insurance. Ella requires a prescription.
- Both methods may cause nausea or headaches for a day or two.
- Your next period may be early or late and you may have spotting first.

**IUD:** The IUD is more effective than oral EC but requires a clinic visit.

- Both the copper and levonorgestrel 52 mg IUDs (Mirena/Liletta) can be EC when placed within 5 days of sex.
- IUD efficacy is not affected by BMI.
- The IUD can be used for ongoing contraception or can be removed at the time of your next period.

### Patient Instructions for Oral EC:

- Fill the prescription right away and take the tablet as soon as you can.
- Plan B box may say take within 3 days but it can be taken within 5 days.
- If your next period is not normal, or is more than a week late, you should take a pregnancy test.

### Procedures and Documentation:

Documentation should be done as for all other telephone encounters.

**For an IUD visit that same day,** call the scheduling coordinator to assess the appointment availability in the clinic.

**For a prescription,** contact the on-call/clinic provider (per your clinic protocol).

Prescription with 11 refills should be called into pharmacy as soon as possible after the conversation with the patient.

For Ella, call the patient's pharmacy to ensure that the medication is in stock, or can be procured within 24 hours. Reassure that Ella remains effective if taken within 5 days of unprotected sex.

