

EMERGENCY CONTRACEPTION

If a condom breaks, you missed a birth control pill, you forgot to use contraception, or you were forced to have sex, emergency contraception could be right for you.

Emergency contraception are pills used to prevent pregnancy after unprotected or inadequately protected sex that could result in pregnancy. Emergency contraception does NOT work 100% of the time and should be taken as soon as possible after unprotected sex. Emergency contraception is NOT a good choice for you if you are already pregnant, have undiagnosed vaginal bleeding, or are allergic to emergency contraception pills.

You have options:

PLAN B / MY WAY

- Can be purchased for **\$11** after a free consultation
- Is most effective if taken within **3 days** of unprotected sex
- **Plan B is NOT as effective for individuals who weigh over 165 pounds**

ELLA

- Can be purchased for **\$39** with a prescription after a free consultation
- Can be taken up to **5 days** after unprotected sex
- Same effectiveness regardless of weight

Make an appointment if:

- You are experiencing severe abdominal pain, if your period is already late, your periods are irregular, or your most recent period was different than usual.
- You were forced, coerced, or did not agree to the act of unprotected sex.
- You have concerns about exposure to sexually transmitted infections (STIs). Emergency contraception does NOT protect against STIs.
- You need a primary method of birth control. Emergency contraceptives are not as effective as other forms of birth control. They are great as a back up in emergencies, but we have other more effective forms of birth control available for students.



**TOWSON
UNIVERSITY**

Have questions? Need to make an appointment?

Schedule online at tigerhealth.towson.edu or call 410-704-2466

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How to take emergency contraception

- **Take the pills as soon as possible** after unprotected sex and within 5 days.
- Pills can be taken with or without food.
- Side effects are minimal, but can include nausea, vomiting, fatigue, headache, dizziness, and breast tenderness. Side effects usually subside within 1 - 2 days.

Call the Health Center if...

- You vomit within 1 hour of taking the medication.
- You experience side effects for longer than 2 days.
- Your period does not start within 3 weeks after taking the pill.
- You think you may be pregnant.

What happens next?

AFTER PLAN B/MY WAY

- Use **condoms for the next week** if you are having sex that could result in pregnancy.
- **Restart birth control** the day after you take Plan B/My Way.
- If you are taking birth control pills containing estrogen *and* progesterone, start a new pack the day after taking Plan B/My Way.
- If taking progestin-only pills, begin taking one pill per day daily the day after Plan B/My Way.
- If using Nuvaring or The Patch, **start a new ring or patch** the day after Plan B/My Way.

AFTER ELLA

- Use **condoms for the next 2 weeks** if you are having sex that could result in pregnancy.
- After taking Ella stop taking birth control pills, or remove the Nuvaring or The Patch for **5 days**.
- **Start a new pack** of pills, a new Nuvaring, or a new Patch 5 days after taking Ella.
- Your birth control will not be effective for the next two weeks.