

## **What**

- Take one or two pills that will delay ovulation, which means that it will prevent the ovulation from releasing an egg.

## **Effectiveness**

- If you take EC right after having unprotected sex, it can reduce your chance of pregnancy by 95%.
- The effectiveness goes down the longer you wait, but it is still worth it to take EC within 5 days of unprotected sex.

## **How many times can a person use EC?**

- A person can use EC as often as she/he/they need. It will be just as effective no matter how many times you use it.
- EC is not a form of birth control method. If a person needs to use EC a lot and use it constantly effectively. Talk with your advocate to provide you with a recommendation list where a person can go to a clinic or/ and talk to a provider about that birth control method that will work better for you.

## **How do you know it is working?**

- People usually have some bleeding (like a period with some nausea and cramps), but not everyone will.
- EC is effective for people taking testosterone (T). If you are on T, you will NOT bleed, it is important to take a pregnancy test two weeks after unprotected sex to rule out pregnancy.
- After taking EC, a person should get a pregnancy test two weeks after unprotected sex for confirmation

## **What are the symptoms of side effects?**

- The bleeding is a side effect and is not a guarantee that someone is not pregnant. The only way to know if you are pregnant or not is to take a pregnancy test, which can usually be taken 7-14 days after unprotected sex.

- Bleeding could start as soon as 8 hours after taking it, or up to 2 days later, or it's possible someone may not bleed at all.
- If you throw up within two hours of taking the pill, you have to take it again.

### **When can I start using hormonal birth control?**

- Right away! You can start using hormonal birth control methods like the pill or the shot the same day that you start EC, including people on hormone therapy (like Testosterone).
- Be sure to use a back-up birth control, like condoms, until your hormonal birth control becomes effective for your body (7 days for most hormonal birth controls).

### **What happens if EC does not work and I become pregnant? Could it hurt the developing pregnancy?**

- EC won't hurt you or your pregnancy.
- EC is not an abortion pill and it does not cause birth defects.
- Taking EC does not hurt your chances of getting pregnant in the future.

If you need emergency contraceptives, you can contact us anytime.

Walk-ins are fine.

We want to be clear & transparent on this. We do NOT require signed releases from survivors. This will be 100% confidential.

There are no age restrictions, meaning minors can come in to get EC without parental consent or parental notification. We're here for you.