

Remember,  
Emergency  
Contraception Pills  
**do not protect you  
from Sexually  
Transmitted  
Infections or HIV.**  
Always use  
condoms to  
protect yourself!



## HOW DOES EC WORK?

- Most EC pills (Plan B One-Step®, Next Choice®) contain a hormone like the ones your body makes. ella® is an EC pill that mimics and blocks a hormone.
- EC pills stop your ovaries from releasing eggs. Without an egg, you cannot get pregnant. No method of birth control is 100% effective. EC pills lower the risk of pregnancy by 58-94%.
- You can take EC pills up to 5 days after unprotected sex. Most EC pills work best the sooner you take them, but ella® works just as well 4-5 days after sex as it does right after sex. You can't use EC pills to end a pregnancy.

## HOW DO I USE EC PILLS?

- Take EC as soon as you can after unprotected sex. If your package has 2 pills, take both pills at the same time.
- If you have unprotected sex again, you should take EC pills again.

## HOW DO EC PILLS HELP ME?

- EC pills are safe. EC pills do not work as well as a regular birth control method, but EC pills lower your chance of getting pregnant after unprotected sex.

## HOW WILL I FEEL AFTER TAKING EC PILLS?

- You will most likely feel fine. EC pills have no long-term or severe side effects.
- You may have nausea, vomiting, headache, dizziness, breast pain, or belly pain for 1-2 days after taking the pills. To prevent nausea, you can take anti-nausea medicine (such as meclizine) one hour before you take EC pills.
- Your next period may come a few days early or a few days late. You may have spotting.

## DO EC PILLS HAVE RISKS?

- EC pills are very safe. There are no known risks.
- Pregnant women should not take EC pills.

## WHERE CAN I GET EC PILLS?

- Available at pharmacies, health centers or health care providers. Call ahead to see if they have it.
- Women and men of any age can get some brands without a prescription.
- Some brands are only available to women under age 17 with a prescription.
- Women of all ages can only get ella® with a prescription.
- You should always have EC pills on hand in case you need it. Ask for refills on your prescription.
- To get EC pills, ask your health care provider, or visit [www.not-2-late.com](http://www.not-2-late.com).

