

Disadvantages of ECPs

- You may experience side effects.
- They are not as effective as other birth control methods.
- You are not protected from sexually transmitted infections.
- In the rare case that a pregnancy does occur, there is a slightly increased risk of that pregnancy being ectopic (a pregnancy that occurs outside the uterus, in the fallopian tubes).

Remember

- ECPs are for emergency use only. They are not recommended for regular use because they are less effective than other birth control methods. Visit the clinics listed below to learn about birth control methods.
- The sooner you take an ECP, the more effective it is. You can drop-in to any sexual health clinic without an appointment or buy Plan B directly from a pharmacy without a prescription.

For further information or to book an appointment:

For youth ages 13-29 - Planned Parenthood Toronto Health Services

Offers drop-in and scheduled appointments
Call 416-961-0113 or visit www.ppt.on.ca.

Teen Health Source

Offers anonymous and confidential sexual health information for teens by teens.
MSN chat TeenHealthSource@hotmail.com, email TeenHealthSource@ppt.on.ca,
call 416-961-3200 or visit www.TeenHealthSource.com.

For women - Bay Centre for Birth Control

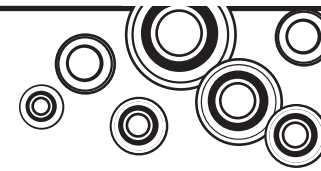
Offers drop-in and scheduled appointments
Call 416-351-3700

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Birth Control Options Series



ECP: Emergency Contraceptive Pills

What are emergency contraceptive pills?

- Emergency contraceptive pills (sometimes called “ECP” or the “morning after pill”) are pills that contain hormones that you can use up to 5 days after you have unprotected vaginal* sex (intercourse).
- There are 2 kinds of ECP: one kind contains only one hormone (progestin). The most common brand of this kind of ECP is called Plan B. The other brand available in Canada is called NorLevo but it is not widely available in clinics or pharmacies in Ontario.
- The other kind of ECP contains 2 hormones (progestin and estrogen). It is called Ovral and it is less common than Plan B.
- A copper IUD can also be used as emergency contraception if it is inserted up to 7 days after unprotected vaginal sex. See the Copper IUD fact sheet for more information.

How do ECPs prevent pregnancy?

- In order to get pregnant, sperm must fertilize an egg that has been released. ECPs primarily work by preventing you from ovulating, which means it will stop your ovaries from releasing an egg that month.
- If you are already pregnant, taking an ECP will not end the pregnancy. ECPs are not abortion pills.

How effective are ECPs?

- The sooner you take an ECP, the more effective it is.

*if you use different terms to describe these parts of your body, please tell your clinician.

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- If taken within 24 hours of unprotected vaginal sex, Plan B is 95% effective and Ovral is 77% effective. While the effectiveness decreases after the first 24 hours, an ECP can still be effective at preventing pregnancy up to 5 days after unprotected vaginal sex.

How do you use ECPs?

- Plan B: this ECP has 2 pills. You take both pills at once. Plan B is less likely to cause side effects than other ECPs and is more effective. It is also more expensive.
- Ovral: this ECP has 4 pills. You take 2 pills right away and take 2 pills 12 hours later. You may get an upset stomach or throw up. You can take one tablet of Gravol (an anti-nausea drug) 30 minutes before you take the second set of pills to minimize nausea. You can also take the second set of pills with food or a glass of milk to reduce nausea.
- ECPs can be taken up to 5 days after unprotected vaginal sex, but are more effective the sooner you take them.
- ECPs do not protect you from pregnancy for any unprotected vaginal sex that happens after you take them.
- If you regularly use a non-hormonal form of birth control such as spermicides, condoms or diaphragms, you may want to purchase Plan B in advance in case of an emergency. Remember to check the expiry date before using Plan B.

When do you use ECPs?

- You can use them if you make a mistake using your normal form of birth control. For example, if you miss a pill, forget to put on a new patch or insert a new ring or you forget to insert your diaphragm.
- You can use them if the condom broke, slipped off or leaked.
- You can use them if you had vaginal sex and didn't use any form of birth control or condom.

Where can I get ECPs?

- Plan B is available over-the-counter, which means you do not need a prescription from a clinician to buy it at a pharmacy. Plan B usually costs approximately \$30 and \$40 at a pharmacy.
- To get Ovral, a prescription from a clinician is required. Ovral costs approximately \$25 at a pharmacy.
- If you can, go to a sexual health clinic to get ECPs. They usually don't require an appointment (although you may need to speak briefly with a clinician) and they sell ECPs at a cheaper rate.
- Planned Parenthood Toronto's Health Services sells Plan B for approximately \$13 and Ovral for approximately \$6.

What are the side effects of ECPs?

- Plan B is much less likely than Ovral to cause side effects.
- You may experience side effects such as nausea, vomiting, fatigue, cramping, headaches, breast tenderness or dizziness.
- If you throw up within an hour of taking any ECPs, call a pharmacy to determine if you need to take another set of pills.
- You may spot (a little bit of bleeding that is lighter than your period) after taking an ECP. ECPs can make your period come earlier or later than usual. If you have not had a period within 3 weeks of taking an ECP or your period is different than usual, call your clinician. You may need a pregnancy test.

Advantages of ECPs

- While no ECP is 100% effective, your chances of getting pregnant after using ECPs are very low.
- Most people can use ECPs safely.
- If you are already pregnant or an ECP is not effective at preventing pregnancy, ECPs do not harm the fetus.
- Your partner(s) doesn't have to be involved.
- For Plan B, you do not need a prescription from a clinician (Ovral requires a prescription from your clinician).
- ECPs do NOT affect your ability to get pregnant in the future.