

# WHAT IS EMERGENCY CONTRACEPTION (EC)?

EC is birth control to use after sex to prevent pregnancy before it starts.

## Types of EC

## When can I use EC?

## How do I get EC?

## What about next time?



### Over-the-counter EC pills

**ASAP**  
works best within  
3 days but may work  
up to 5 days

May be less effective  
over 165 pounds.

No prescription  
needed

Find it at a pharmacy,  
clinic, or online.

Take it every time  
you need EC

You can get extra EC  
for next time.



### Prescription EC pills

**ASAP**  
but can work  
up to 5 days

Most effective EC pill. May be  
less effective over 195 pounds.

Need a prescription

Talk to a health care provider  
online or in person.

Take it every time  
you need EC

Ask about a refill so you  
can have it for next time.



### IUDs

Anytime  
up to 5 days

Nearly 100% effective  
for any weight.

Visit a health care  
provider to have  
an IUD placed

Say it's for EC so you are  
scheduled quickly.

Keeps working as  
birth control

You can have it removed  
at any time.