




# WHAT IS EMERGENCY CONTRACEPTION (EC)?

EC is birth control to use after sex to prevent pregnancy.

Types of EC	When can I use EC?	How do I get EC?	What about next time?
 <p><b>Over-the-counter EC pills</b></p>	<p><b>ASAP</b> works best within 3 days but may work up to 5 days</p> <p>May be less effective over 165 pounds.</p>	<p><b>No prescription needed</b></p> <p>Find it at a pharmacy, clinic, or online.</p>	<p><b>Take it every time you need EC</b></p> <p>You can get extra EC for next time.</p>
 <p><b>Prescription EC pills</b></p>	<p><b>ASAP</b> but can work up to 5 days</p> <p>Most effective EC pill. May be less effective over 195 pounds.</p>	<p><b>Need a prescription</b></p> <p>Talk to a health care provider online or in person.</p>	<p><b>Take it every time you need EC</b></p> <p>Ask about a refill so you can have it for next time.</p>
 <p><b>IUDs</b></p>	<p><b>Anytime</b> up to 5 days</p> <p>Nearly 100% effective for any weight.</p>	<p><b>Visit a health care provider to have an IUD placed</b></p> <p>Say it's for EC so you are scheduled quickly.</p>	<p><b>Keeps working as birth control</b></p> <p>You can have it removed at any time.</p>