Emergency contraception (EC) offers a last chance to prevent pregnancy — even after sex

**WHEN DO I NEED EC?**

- You forgot to use contraception, missed several pills, or were late getting your Depo shot
- The condom slipped or broke
- You were sexually assaulted

Any of the methods listed below may be covered by your insurance — call to check!

**COPPER IUD**

AKA PARAGARD

- Most effective form of EC
- Lasts for at least 12 years
- Must be placed by a trained provider
- Get it from a doctor or clinic
- Get it within 5 days of unprotected sex

**ANTI-PROGESTIN PILLS**

AKA ELLA

- Prescription-only... get it from a doctor or clinic
- Take it ASAP, but within 5 days
- Might be less effective if you weigh more than 196 lbs

**PROGESTIN-ONLY PILLS**

AKA PLAN B ONE-STEP, MY WAY & TAKE ACTION

- Sold without prescription to anyone of any age or gender. You DO NOT need to show ID. It should be right on the store shelf (see back for details). Costs $40-50 per dose
- Take it ASAP, but within 5 days
- Might be less effective if you weigh more than 165 lbs
**Plan B One-Step and generic forms such as My Way, Take Action and Aftera should be sold right on store shelves.**

Women and men of any age can buy Plan B without prescription. No one should ask for your ID.

Many stores still keep emergency contraception (EC) behind the pharmacy counter or lock it up in a special case.

**CAN YOU DO?**

Talk to a store manager or pharmacist.

- Make sure they know the facts: Plan B and all generics can be sold OTC to anyone of age — no ID required.
- Ask why EC is not on the shelf. Let them know that EC works better the sooner it’s taken — so quick and confidential access is important.
- Show them ASEC’s EC Pharmacy Guide for the most up-to-date information.

**LET US KNOW!**

If anyone...
- asks for your ID,
- refuses to sell you EC,
- or won’t stock it on the shelf...

EMAIL US AT
ASEC@AMERICANSOCIETYFOREC.ORG

**LEARN MORE**

American Society for Emergency Contraception: www.americansocietyforec.org

The Emergency Contraception Website: www.not-2-late.org

Bedside: www.bedsider.org