



HEALTH MATTERS

Your Post-Sex Guide to NOT Getting Pregnant

k k k "Uf\ d"cf[#\ YU`h a Umyfg

Facts About Emergency Contraception Pills (levonorgestrel methods)

Who is Emergency Contraception (EC) for?

EC is for a woman who:

i \UX'gM'k]\ci hi g]b['V]f\ \V\bfic`OR \UX'fci VY'i g]b[\Yf'fy[i 'Uf'a Y\cX' f\]ggYX'd]`g'Vfc_Yb \V\bxca ž'YV\

AND

i 'XcYg'NOT'k Ubhlc' [YhdfY[bUbH'

What is EC?

97 'V\ca Yg]b'X]ZYfybhZcfa g

i 'DUb'6® 'C bY!GYd'97 'jg%'d]`f%) a [E'h.UhV\bbH]bg'h.Y'gJa Y'\cfa cbY'i gYX']b'a Ubrn V]f\ \V\bfic`d]`g'fW`YX`Yj cbcf[YgfY'P'`H.]g'cdh]cb']gUj U]UVY'k]\ci hU' d]`g'fW`YX`Yj cbc

UfY'i bXYf'%"` #]gUj U]UVY'k]\ci hU'dfYgM]dh]cb']Znci 'UfY'%'`cf'c'XYf'

i 'Y`U® 'jg%'d]`f] \$'a [E'h.UhV\bbH]bg'U'dfc[YgfY'cbY'fYVd'cf'a cXi 'U'cf'fW`YX'i ']df]gU' UW\U'Y'P'`H.]g'cdh]cb']gUj U]`'tc"

l 'Gca Y'hmdYgcZXU]`miV\ca V]bYX'V]f\ \V\bfic`d]`g'VWb'VY'i gYX'Ug'97`'H.Y'bi a VYf'cZ d]`g'nci 'bYX'`tc' hU_Y'XYdYbXg'cb'h.Y'hmdY'cZd]`"

l '5'7cddYf!H`b]fUi'Yf]bY'8Yj]W'f# 8L

l ' ; c'`k'k k k "bch&!`UY`V\ca 'tc'`YUfb'a cfY'UVci h'h.Yg'`ch.Yf'Zcfa g'cZ Ya Yf[YbV\hV\bfUWdh]cb"

How does EC work?

i 'Znci 'UfY'U'fYUXmdfY[bUbH'97 'k]`'bchik cf_"

i 'Take EC as soon as possible after having unprotected sex. EC may work up to 5 days (120 hours) after you've had unprotected sex. The sooner you take EC, the better.

Health Matters is a publication of ARHP for the general public that provides a brief overview of existing facts and data on various topics related to reproductive health.

!!! <5B8'H<G'G<99HHC'MC|F'D<5FA57<G!!!

I need Emergency Contraception

i '97 XcYgBCH\UjY'lc'VY'hU_Yb'jb'h.Y'a cfb]b["'5'
k ca Ub'Wb'hU_Y'hUbm]ja Y'5B 8'g'ci 'X'hU_Y'h
Ug'gcb'Ug'g'Y'Wb"

97 'k]'`:

i 'NOT dfchV'nci 'Zca 'gYl i U`mihUbgc]HhYX'
]bZVW]cbg'cf'<#5-8G"

i 'NOT VY'YZVW]j Y']Znci 'UfY'U'fYUXmdfY[bUbH'

i 'NOT Wl'g' \Ufa ']Znci 'UfY'U'fYUXmdfY[bUbH'

How do I take EC?

i 'HU_Y'h.Y'97 'd]'`cf'd]'`g'5g'Gccb'5g'Dcgg]V'Y"

Remember

EC may work up to 5 days (120 hours) after you've had unprotected sex, but it is best to take it as soon as possible after unprotected sex.

i 'Znci 'i g'Y'h.Y'hmdY'cZ97 'h.Uh\Ug'&'d]'`g'`hU_Y'
h.Ya 'Vch' at the same time" 'H.Y'X]fYVW]cbg'cb'h.Y'
dUWU[Y'cZB Yl h7\c]W'a UmgJmte'hU_Y'h.Y'd]'`g'
&' \ci fg'UdUf]z'6l H

l 'h.Uh]g'\UfXYf'lc'Xc'5B 8'

l '[ccX'fYgYUfW'g'ck g'h.Uh'h.Y'd]'`g'k cf_↑ ghUg'
k Y'']Znci 'hU_Y'h.Ya 'Vch' 'Uh'h.Y'gJa Y'hja Y

Where can I get EC?

i 'Znci 'UfY'%+ cf'c'XYfz'nci 'Wb'[Yh'DUb'6'Ug