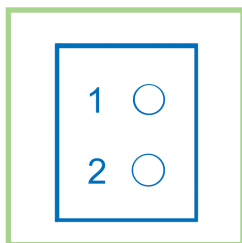


# Emergency Contraception

Emergency contraception (EC) can prevent pregnancy after sex, but only if you use it as soon as possible—within a couple of days. You may be able to use EC if you:

- had unprotected sex (sex without using birth control)
- were forced to have sex, or
- think your birth control method didn't work (for example, the condom broke, you forgot to take your birth control on time, etc.).



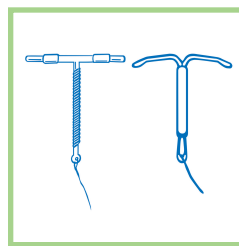
**Emergency Contraceptive (EC) Pills (for women):** EC pills are a higher dose of birth control pills that prevent pregnancy. EC is sometimes known as “the morning-after pill” or Plan B®. EC will work up to 5 days (120 hours) after unprotected sex **but** it works best when you take it within the first 12 hours after unprotected sex. Some providers will give you EC pills now if you think you will need them in the future. Don't wait! Take EC pills as soon as possible after unprotected sex.

**YOU CAN GET EC PILLS with a prescription from your doctor or clinic, or from the pharmacist at some drug stores, without seeing a doctor first.**

- Men and women 17 and over can buy EC from a pharmacist without a prescription.
- Women under 17 can visit [www.not-2-late.com](http://www.not-2-late.com) to find a pharmacist trained to sell EC at the pharmacy.

**For more information about where to get EC, call your health care provider or family planning clinic, ask your pharmacist, go to [www.not-2-late.com](http://www.not-2-late.com), or call 1-877-MA-SEX-ED (1-877-627-3933).**

**Emergency IUD insertion (for women):** Within 7 days of unprotected sex, you can have an IUD inserted to prevent pregnancy. IUD stands for intrauterine device. An IUD is a small device made of plastic that is put inside a woman's uterus by a doctor or nurse. There are two types of IUDs. One contains copper and the other contains a hormone to prevent pregnancy. An IUD may be left in place for 5-10 years, depending on the type.



To prevent HIV and other STDs, use a condom. Latex or plastic condoms are the only kinds of birth control that are also highly effective in preventing HIV and other sexually transmitted diseases (STDs). If you use other forms of birth control but also want protection against HIV and other STDs, use a condom in addition to the birth control method you are using.

**For more information** about how effective a method is, what kinds of side effects it might have, and how to use it correctly, ask your doctor, nurse, midwife, or family planning counselor (health care provider). Or contact:

**Family Planning/Sexual Health Hotline:**  
1-877-MA-SEX-ED  
(1-877-627-3933)  
[www.mariatalks.com](http://www.mariatalks.com)

**To find other counseling programs and services near you, call:**

**HIV/AIDS/STD Hotline:**  
1-800-235-2331 (English, Spanish)  
TTY: 617-437-1672

**Domestic Violence Hotline:**  
1-877-785-2020  
TTY: 1-877-521-2601

**Rape Crisis Hotline:**  
1-800-841-8371 (English)  
1-800-223-5001 (Spanish)  
TTY: 1-888-887-7130

