## Emergency Contraception: Which EC is Right for Me?

### What is it?
Emergency contraception (EC) is birth control you can use after unprotected sex.

### What does it do?
**EC prevents** a pregnancy after unprotected sex. **EC does not** end a pregnancy and will **not** work if you are pregnant.

### Medication
- **Copper IUD**: Copper
- **Ulipristal Acetate Pills**: Ulipristal acetate
- **Progestin Pills**: Levonorgestrel

### Brand names
- **Copper IUD**: Paragard®
- **Ulipristal Acetate Pills**: ella®
- **Progestin Pills**: Plan B® One-Step, Next Choice® and others

### How well does it work?
- **Copper IUD**: The copper IUD has very high efficacy. It lowers your chance of getting pregnant by 99%. Your weight does not matter.
- **Ulipristal Acetate EC**: Ulipristal acetate EC has high to medium efficacy. It may not work as well if you are obese.
- **Levonorgestrel**: Levonorgestrel has low to medium efficacy. It may not work as well if you are overweight.

### How does it work?
- **Copper IUD**: The copper IUD is a T-shaped plastic rod that stays in your uterus. It is wrapped in copper, which makes sperm stop moving. When sperm can’t get to an egg, you can’t get pregnant.
- **Ulipristal Acetate EC**: Ulipristal acetate mimics and blocks progestin. Ulipristal acetate EC delays ovulation.
- **Levonorgestrel**: Levonorgestrol is a progestin hormone, like the hormones your body makes. Progestin EC delays ovulation.

### When do you use it?
- **Copper IUD**: You can have the copper IUD inserted up to 5 days after unprotected sex to prevent pregnancy. It works as birth control for up to 12 years. You can have the IUD removed any time you want.
- **Ulipristal Acetate EC**: Ulipristal acetate EC can work up to 5 days after unprotected sex. Take it as soon as possible after unprotected sex.
- **Progestin EC**: The sooner you take progestin EC, the better it works. Take it as soon as possible after unprotected sex. Some packs contain 1 pill, and some packs contain 2 pills. You should take the 2 pills together.

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<table>
<thead>
<tr>
<th>Copper IUD</th>
<th>Ulipristal Acetate Pills</th>
<th>Progestin Pills</th>
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<tbody>
<tr>
<td>What happens to your body?</td>
<td>After putting a speculum in your vagina, a medical provider inserts the IUD into your uterus. Many providers give pain medicine first. You may have cramps and spotting for a few hours.</td>
<td>Most people who take EC pills feel fine. Some people have nausea, vomiting, headache, dizziness, stomach cramps, or breast pain for a short time after taking the pills. Your next period may come a few days early or a few days late. You can get pregnant if you have unprotected sex again.</td>
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<td>How much does it cost?</td>
<td>If it’s not covered by insurance, the copper IUD may cost $500 to $1,000. Many insurance plans cover the copper IUD.</td>
<td>Ulipristal acetate EC costs about $35 - $70 for 1 dose. Some insurance plans cover ulipristal acetate EC.</td>
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<td>How do you find it?</td>
<td>A health care provider must insert the copper IUD. Call your health center to make an appointment. Say that you need your IUD as soon as possible for emergency contraception.</td>
<td>Progestin EC costs about $35 - $60 for 1 dose. Some insurance plans cover progestin EC. Although some brands are sold over the counter, you may need a prescription for insurance coverage.</td>
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