

Emergency Contraception

Effectiveness: 99% of the time
Side Effects: Increased blood flow, and cramping
Effort: Inserted once and lasts 10-12 years (can be removed at anytime)
Accessibility: Must be inserted by a provider



The Copper IUD is a non-hormonal form of birth control that can also be used emergency contraception (EC.) This is the most effective form of EC when placed within five days of unprotected sex.

Effectiveness: About 85% effective. Less effective in people who weigh more than 195lbs
Side Effects: Stomach pain and vomiting
Effort: One pill taken once.
Accessibility: Available by prescription only



Ella is a form of EC that is available by prescription. Ella blocks the hormones needed to conceive and works up to five days after unprotected sex.

Effectiveness: 75-89% effective if taken within three days of unprotected sex. Less effective in people who weigh more than 165lbs
Side Effects: Stomach pain and vomiting
Effort: The number and dose of pills varies by brand
Accessibility: Available without prescription



Levonorgestrel - based pills such as Plan B, Next Choice, EContra One-Step, My Way, Etc. These forms of EC are similar to regular birth control pills, but have a much higher dose. Levonorgestrel -based pills can work up to five days after unprotected sex. However, their effectiveness decreases with each of the five days after unprotected sex.

This card is available in languages other than English. Please scan the QR code for more.



How to Get Emergency Contraception



Planned Parenthood



Copper IUD



Ella



Plan B

Ella, Plan B (and similar products), and IUD emergency contraceptives are available at Planned Parenthood. These ECs have a cost and require an appointment.



UHCS



Ella



Plan B

Ella and Plan B are available free of cost to all students at UH&CS

- Schedule an appointment to get one of these ECs using **MyHealthConnect**.
- Plan B is also available in **Wellness Vending Machines**.

off-campus
pharmacies



Levonorgestrel - based plan (eg: Plan B)

Levonorgestrel - based emergency contraception such as Plan B can be purchased over the counter at Pharmacies (Rite-Aid, CVS, Walgreens, Target Pharmacy, Walmart Pharmacy, etc).