

ABCD Family Planning

How to Use Emergency Contraceptive Pills (EC)

To prevent pregnancy you must take emergency contraceptive pills (EC) as soon as possible and no later than 5 days (120 hours) after unprotected sex. You can use any of the pills listed below as EC. Use only one type of pill. Use only the pills your health care provider recommends.

Type of pills	Number and color of pill(s) you take right away	Number and color of pill(s) you take 12 hours later.
ella™	1 white pill	none
Plan B® One-Step, Take Action, Next Choice One-Dose, My Way, AfterPill	1 pill	none
Levonorgestrel tablets	2 white pills	none
Lo-Ovral, Levora, Cryselle, Quasense, Lo-Ogestrel	4 white pills	4 white pills
Nordette, Levlen	4 light-orange pills	4 light-orange pills
Triphasil, Tri-Levlen	4 yellow pills	4 yellow pills
Trivora, Seasonale, Portia, Jolessa	4 pink pills	4 pink pills
Alesse, Levlite, Lessina	5 pink pills	5 pink pills
Sronyx, Lutera,	5 white pills	5 white pills
Ovral, Ogestrel	2 white pills	2 white pills

Instructions for Use

1. Take the first EC pill or pills as soon as possible and not later than 5 days (120 hours) after unprotected sex. EC pills are more effective the sooner you take them after unprotected sex.
2. Take the EC dose or doses exactly as described in the table above.
3. Your health care provider may advise you to take an anti-nausea medicine to prevent you from feeling sick to your stomach and vomiting. Take the anti-nausea medicine called _____ one hour before you take your first EC pills.
4. Call your health care provider if you vomit within three hours after taking your EC pills.
5. Your next period may be a few days early or late. If you do not get your period by 3 weeks after taking EC, or if you feel or think you might be pregnant, see your health care provider for a pregnancy test.

Important

- Anti-nausea medicine may make you feel tired. Do not drive or drink alcohol if you take anti-nausea medicine.
- Do not take any more EC pills than your health care provider advises. More pills will not make EC work better. More pills will only increase your risk of feeling sick to your stomach.
- If you have unprotected sex after using EC, you may become pregnant.
- Until you get your next period, use condoms or another method of birth control. Ask your health care provider about a method of birth control you can either start right away or after your next period.

EC may not prevent an ectopic pregnancy (pregnancy outside of the uterus), which is a medical emergency. Call your health center right away if you feel pain in your lower stomach.