

## Woman's Health Options

### Emergency Contraception (Morning After Pill)

EC is an emergency method of birth control. It is a special kind of hormone pill that can prevent pregnancy after you have unprotected sex, or a birth control method fails (e.g. broken condom).

Depending on where you are in your cycle, EC can:

- stop or delay the release of the egg.
- change the lining of the uterus.
- change the movement of the egg and sperm.

### **Does it Work?**

- EC can lessen the chance of a pregnancy between 75% and 95 %.
- It works best if EC is taken as soon as possible after unprotected sex.

### **How Is It Used?**

- EC must be taken within 72 hours of unprotected sex.
- Take one dose of pills (2 pills) right away and a second dose (another 2 pills) 12 hours later. Take the pills with food.
- To prevent nausea, take Gravol a half hour before you take each set of pills.
- You will be given 6 pills in total. If you vomit within 2 hours of taking a set of pills, take the extra 2 pills. If you do not use the extra pills, throw them out.
- Wait for your period at the usual time.
- If your period is more than 7 days late or if your period is much lighter than usual, call your doctor, the Birth Control Centre or do an at home pregnancy test.

### **Things to Think About:**

- You can get EC at your family doctor, walk-in clinic or the Birth Control Centre. You can also get it at a pharmacy without a prescription. \*
- There are two different kinds of EC, Ovral and Plan B (Plan B causes less nausea).
- You might experience some side effects from the EC. These can include nausea and vomiting 24-48 hours after taking the EC, spotting (bleeding between periods), breast tenderness and diarrhea. \*
- EC is an emergency birth control method only. It does not protect you for the rest of your menstrual cycle. If you are interested in getting more information about other birth control methods talk to your doctor or the Birth Control Centre.
- EC will not affect a pregnancy that has already started.

### **For More Information Call:**

The Birth Control Centre	735-0010
Options Sexual Health Association	423-3737
Woman's Health Options	484-1124
STD Clinic	413-5156

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- In very rare cases, a woman who uses EC might develop a blood clot. See your doctor immediately or go to the emergency room if you have any of these symptoms of a blood clot: **severe abdominal or chest pain or trouble breathing, severe headache or numbness in the arms and leg, eye problems such as blurred or loss of vision and severe leg pain.**
  - Some pharmacists refuse to dispense EC. If at first a pharmacist does not provide EC, be persistent and go the next pharmacy. If you do not have a prescription you must describe your situation and the pharmacist will decide if EC is needed. EC is more expensive if you do not have a prescription.

