

# **EMERGENCY CONTRACEPTION**

(Morning after Pill, Plan B, EContra, EZ)

**Now you can purchase Emergency Contraception at the Davis Health Center without an appointment. The sooner you take the Emergency Contraception, the more effective it is. Take it as soon as possible after unprotected sex, up to 5 days afterwards. Please read the information below to see if you can purchase Emergency Contraception (\$15 charge) at the Health Center front desk.**

***NOTE: For any student purchasing this for another person's use, please have them read the following and call us if there are any "Yes" answers in Step 1 or any questions.***

## **Step 1 - Please speak with a Health Center staff member now if:**

- You are late or have missed one or more menstrual period.
- If your BMI is 26 or greater, there is a more effective Emergency Contraception called ELLA available, but it requires a quick visit with the nurse. (If your BMI is 26 or greater, there is a better Emergency Contraception called ELLA available but it requires a quick visit with the nurse. [Calculate your BMI](#))
- If you are on hormonal birth control (Patch, Pill, IUD, NuvaRing, Depo shot) already.

## **Step 2 - You can still receive EC but should talk with the Health Center medical staff if any of the following apply:**

- This sexual encounter occurred without your consent or you were under the influence of alcohol or other substances
- You are concerned about sexually transmitted illnesses (STIs) and/or you would like to set up an appointment for STI testing or an Annual Gyn. exam to discuss contraception options.
- You have had other instances of unprotected sex since your last normal period.
- If you have any questions regarding the use of Emergency Contraception.

## **Step 3 - Instructions for use if no questions:**

- Before taking the Emergency Contraception, carefully read the packet insert for full information and answers to commonly asked questions.
- Emergency contraception may not protect against pregnancy if other instances(s) of unprotected intercourse have occurred since the last normal menstrual period.
- Emergency Contraception is not the same as RU-486 (the abortion pill). It is similar to birth control pills.
- Follow-up at the Student Health Center if your next period is more than a week late or you have any other concerns.

**Note: There is a \$15.00 charge for Emergency Contraception which can be paid at the time of purchase or the charge can be placed on your Health Center student account to be paid prior to the end of the semester.**