

## What is Emergency Contraception?

Emergency Contraception (EC) is contraception that is used to reduce the risk of unintentional pregnancy after either unprotected vaginal intercourse or a known/suspected birth control failure such as a broken/slipped condom, missed pill, delayed insertion of ring, detached patch, late injection, or no use of birth control. The effectiveness of EC will vary depending on the type of method used and timing of use. The Copper IUD is the most effective EC method to reduce risk of unintentional pregnancy and has the longest timeframe (w/i 7days) to utilize while Emergency Contraceptive Pills (ECP) vary in effectiveness and time frame depending on type.

### There are 2 EC options available:

- Copper IUD
- Emergency Contraceptive Pill (ECP) Ullipristal Acetate or Progestin Only (see 2nd page)

**Progestin Pill** (Plan B, Contingency One...)

**Ullipristal Acetate (Ella)**
**Copper IUD**


*EC does not offer any protection against STIs.*

*Regular STI screening is recommended.*

Moderately Effective ~50%

Moderately Effective ~60%



**Most Effective 99%**

Type of EC	Effectiveness?	Advantages?	How do I use it ?	User Weight Limit?	Where can I Get it?
<b>Copper IUD</b> 	<b>99%</b> if inserted within 7 days after vaginal intercourse.	User can choose to leave the IUD in place as a very effective (99%) ongoing birth control method for 5 to 10 years depending on the IUD model.	A small T shaped device containing copper is placed into the uterus by a health care provider.	None	<b>By Prescription and Insertion through:</b> <ul style="list-style-type: none"> <li>• <b>Island Sexual Health</b> 250-592-3479</li> <li>• VI Women's Clinic 250-480-7338</li> <li>• Women's Vita Clinic (Nanaimo) 250-591-9812</li> <li>• emergencyiud.com (Listing of clinics providing emergency iud insertions in Western Canada)</li> <li>• raice.ca (Canada wide listing of rapid access IUD clinics)</li> </ul>
	<b>Time Frame for Use ?</b>  Within 7 days after vaginal intercourse.	<b>Disadvantages?</b>  Must be prescribed/inserted by a health care provider  Cost  May increase cramping and flow for longer term users	<b>How does it work?</b>  Copper creates an inflammatory reaction in the uterus which prevents fertilization and/or implantation.	<b>Cost?</b>  \$100-150 for device  No cost for insertion if user has MSP	

**Turn page over for info on Emergency Contraceptive Pills** 

# Emergency Contraception Options - Emergency Contraceptive Pill

ECP only decreases the risk of pregnancy occurring; it does not end an established pregnancy. It is not an abortion pill.

Type of EC	Effectiveness?	Advantages?	How do I use it ?	User Weight Limit?	Where Can I Get it?
<b>Ullipristal Acetate</b>  sold as  <b>(Ella®)</b>  	~64% if taken within 120 hours after single act of unprotected vaginal intercourse.  <b>Time Frame for Use?</b>  <b>As soon as possible.</b>  <b>Must be used within 120 hrs (5 days).</b>	Slightly more effective than progestin pill.  Equally effective up to 120 hrs following unprotected intercourse.  <b>Disadvantages?</b> Ella interferes with <b>progesterone</b> so it's <b>not the best choice</b> for clients who are using it with pill, patch, ring or shot.  Ongoing hormonal contraception <b>cannot</b> be started for 5 days after using Ullipristal. Back up with a barrier method for 14 days.  Does not work if ovulation has already occurred.	<b>1 Pill taken by mouth</b>  <b>How does it work?</b> ECP works by delaying ovulation so there is an increased risk of pregnancy if user has unprotected sex after taking ECP without using a back up method before their next period.  <i>*If breastfeeding, speak with a Dr./Nurse/pharmacist prior to Ella use.*</i>	May be <i>more</i> effective in users who weigh more than 165lbs or have a higher BMI.  <b>Cost?</b>  \$25-40/per dose	<b>Requires a prescription from a Dr. or Nurse Practitioner.</b>  Available through prescription at: <ul style="list-style-type: none"> <li><b>Island Sexual Health</b> <b>3960 Quadra St. 250-592-3479</b></li> <li>Women's Vita Clinic (Nanaimo) 250-591-9812</li> <li>GPs/Walk in clinics (take in prescription to pharmacy to be filled. Call pharmacy ahead to confirm availability)</li> </ul>
<b>Progestin Pill</b>  (Plan B®, Contin- gency one®, Next Choice®, Backup Plan OneStep®, Norlevo®)  	~50%  Most effective if taken up to 72 hrs after unprotected vaginal intercourse. Effectiveness decreases over time but may be taken up to 120 hrs following.  <b>Time Frame for Use?</b>  <b>As soon as possible.</b> <b>Ideally within 72 hrs.</b> <b>Must be used within 120 hrs (5 days)</b>	<b>No prescription necessary.</b>  May be purchased ahead of time to have available.  Ongoing hormonal contraception can be started immediately after taking ECP. Back up with a barrier method for the first 7 days.  <b>Disadvantages?</b> Effectiveness of progestin only pill declines as the time increases between intercourse and use.  Does not work if ovulation has already occurred.	<b>1 or 2 Pills taken by mouth</b>  <b>How does it work?</b> ECP works by delaying ovulation so there is an increased risk of pregnancy if user has unprotected sex after taking ECP without using a back up method before their next period.  <i>*Safe to use if breastfeeding.*</i>	May be <i>less</i> effective in users who weigh more than 165lbs.  <b>Cost?</b>  \$17-\$45/per dose	<b>Prescription <u>not</u> needed.</b>  Available to purchase by/for anyone: <ul style="list-style-type: none"> <li>Island Sexual Health <b>3960 Quadra St. 250-592-3479</b></li> <li>Youth Clinics</li> <li>Available at Most Pharmacies</li> <li>planb.ca (listing of clinics across Canada)</li> </ul>