

# EMERGENCY CONTRACEPTION OPTIONS

	<b>Levonorgestrel 1.5mg (EContra, PlanB)</b>	<b>Ulipristal 30mg (ella)</b>	<b>IUD (e.g. Paragard)</b>
<b>Availability:</b>	Available over-the-counter at pharmacies and the basement level vending machine at Coffman Union.	Requires a prescription.	Requires an appointment for insertion by a healthcare professional.
<b>Timeframe and Effectiveness:</b>	Most effective when taken within 3 days (72 hours) of unprotected intercourse. It may be taken up to 5 days (120 hours) after unprotected intercourse but effectiveness decreases after three days. Taken within 72 hours, levonorgestrel EC is 85% effective, dropping to 50% by 120 hours.	Maintains efficacy for up to 5 days (120 hours). Taken within 72 hours ulipristal is more effective than levonorgestrel EC. Ulipristal is 85% effective at preventing a pregnancy up to 120 days	IUDs placed within 5 days of unprotected intercourse are more than 99% effective.
<b>Weight Considerations:</b>	May be less effective in those weighing more than 155 pounds. The jury is still out.	May be less effective in those weighing more than 195 pounds. The jury is still out.	IUDs are not affected by weight.
<b>Most Common Side Effects:</b>	Menstrual changes are the most common side effect. Your period may come earlier or later than expected. Nausea, stomach (abdominal) pain, tiredness, headache, dizziness, breast pain, vomiting can occur, but are not common.	Menstrual changes are the most common side effect. Your period may come earlier or later than expected. Headache, nausea, stomach (abdominal) pain, menstrual cramps, tiredness, dizziness may occur less commonly.	Cramping/pain with insertion. Menstrual changes, increased or irregular menstrual bleeding.
<b>Potential Drug Interactions:</b>	Efavirenz (HIV medication) or rifampin (meningitis/tuberculosis treatment) or medication for seizures (epilepsy) may reduce the effectiveness of levonorgestrel.	May interact with a number of medications, ask your provider.	None
<b>Cost Considerations:</b>	\$20 (Boynton and Coffman vending machine) to \$50. May be covered by insurance with a prescription from a provider or pharmacist.	\$50-80. May be covered by insurance, with a prescription from a provider.	Generally covered by insurance, otherwise very expensive. (More than \$800)
<b>Other Product Info:</b>	<p>Levonorgestrel EC is less effective than any other form of regular birth control for longer term contraception. Consider an appointment to review birth control options.</p> <p>If you're already pregnant, levonorgestrel will not harm the fetus. It prevents ovulation but does not cause miscarriage.</p> <p>If vomiting occurs within 2 hours of administration, consider repeating dose.</p> <p>Some people taking levonorgestrel EC may have their next period earlier or later than expected. If your period is more than a week late, you should get a pregnancy test.</p> <p>Regular hormonal contraception can be started or restarted immediately, but you should abstain from intercourse or use a barrier method for at least 7 days after taking levonorgestrel EC.</p>	<p>Ulipristal is less effective than any other form of regular birth control for long term contraception. Consider an appointment to review birth control options.</p> <p>If you're already pregnant, ulipristal will not harm the fetus. It prevents ovulation but does not cause miscarriage.</p> <p>If vomiting occurs within 3 hours of administration, consider repeating dose.</p> <p>Some people taking ulipristal may have their next period earlier or later than expected. If your period is more than a week late, you should get a pregnancy test.</p> <p>Delay starting routine hormonal contraceptives for at least five days after taking ulipristal due to the potential to reduce efficacy of one another. Abstain from intercourse or use a barrier method until next menses or for at least an additional seven days after starting/resuming hormonal contraception, whichever comes first.</p>	<p>IUDs can provide contraception for up to 6-10 years.</p> <p>If you are already pregnant, an IUD will not cause miscarriage. IUDs alter the lining of the uterus (endometrium) and inhibit and slow sperm function.</p>
<b>STI Testing:</b>	Emergency contraception does not prevent sexually transmitted infections (STIs). Call Boynton to set up an appointment for complete STI testing, or you can drop-in to the lab for chlamydia and gonorrhea testing. You will need to wait 14 days (or more) after your exposure as testing sooner is likely to yield falsely reassuring results.		
<b>Sexual Assault:</b>	<p>If you have experienced a sexual assault, The Aurora Center can assist you with knowing your rights and understanding what options are available to you. Aurora provides free and confidential services, meaning they will never share your information with anyone. They can assist you with a variety of concerns related to the following:</p> <ul style="list-style-type: none"> <li>- Academic/Employment Support</li> <li>- Legal Assistance (protections orders and/or reporting to police)</li> <li>- Housing Assistance</li> <li>- Medical Support</li> </ul> <p>Contact The Aurora Center's 24-hour helpline at <b>612-626-9111</b> to speak with an advocate and to learn more about your rights and options.</p>		