

Canadian Guide to Emergency Contraception

Types of emergency contraception	How well does it work?	How soon do I have to use it?	How do I use it?	Where can I get it?
 <p>Copper IUD (Cu-IUD) (Flexi-T®, Liberté®, Mona Lisa®, Nova-T®)</p>	99.9% effective	Within 7 days	<p>It is placed in the uterus by a doctor or nurse practitioner</p> <hr/> <p>Highly effective for ongoing birth control</p>	<p>At a pharmacy, no prescription is needed unless required by insurance</p> <hr/> <p>To get in quickly, say your visit is for emergency contraception</p>
 <p>Levonorgestrel-IUS (Mirena®)</p>	99.7% effective	Within 5 days	<p>It is placed in the uterus by a doctor or nurse practitioner</p> <hr/> <p>Highly effective for ongoing birth control</p>	<p>At a pharmacy, with a prescription from doctor or nurse practitioner</p> <hr/> <p>To get in quickly, say your visit is for emergency contraception</p>
 <p>Ulipristal (UPA-EC) (ella®)</p>	~60% effective	ASAP Up to 5 days	<p>Take one 30 mg pill by mouth immediately</p> <hr/> <p>Remember to use every time you have unprotected sex</p>	<p>At a pharmacy, with a prescription</p> <hr/> <p>Get an extra pack for future emergencies. Consider longer term contraception if needed</p>
 <p>Levonorgestrel (LNG-EC) (Plan B®, Contingency One®, Backup Plan One-step®)</p>	~50% effective	ASAP Best taken up to 3 days, but may be taken up to 5 days	<p>Take one 1.5 mg pill by mouth immediately</p> <hr/> <p>Remember to use every time you have unprotected sex</p>	<p>At a pharmacy, no prescription needed</p> <hr/> <p>Get an extra pack for future emergencies. Consider longer term contraception if needed</p>
 <p>Yuzpe regimen using oral contraceptive pills (Alesse®, Alysena®, Avian®, Min-Ovral®, Ovima®, Indayo®, or Portia®)</p>	~40% effective	ASAP Up to 3 days	<p>Take 2 doses by mouth 12 hours apart</p> <hr/> <p>Each dose: 5 pills Alesse®, Alysena®, or Aviane, 4 pills Min-Ovral®, Ovima®, Indayo®, or Portia®</p> <hr/> <p>Remember to use every time you have unprotected sex</p>	<p>At a pharmacy, with a prescription</p> <hr/> <p>Dimenhydrinate (e.g. Gravol®) may reduce nausea</p>