

Emergency Contraception Patient Handout

	Levonorgestrel (Plan B, Backup Plan OneStep, Contingency One, Next Choice, NorLevo, Option 2)	Ulipristal acetate (ella)	Copper IUD (Flexi-T, Liberté, Mona Lisa)	LNG-IUD (Mirena)
Efficacy	About 50-60%. Levonorgestrel might be less effective among persons with BMI ≥ 30 kg/m ² than among persons with BMI < 25 kg/m ² with no safety concerns.	About 60-70%. Ulipristal is more effective than LNG ECPs in all users, including those with BMIs ≥ 30 kg/m ² .	Over 99%. In studies of 7034 women who received emergency Cu-IUDs, 6 women (0.09%) became pregnant. We would have expected 352.	In a, 638-patient, randomized, non-inferiority trial, LNG IUD (52mg) was compared to Cu-IUD. With 1 pregnancy in the LNG IUD group, the LNG IUD was noninferior to the copper IUD for EC.
How it works	It prevents or postpones ovulation.	It prevents or postpones ovulation.	It interferes with sperm and egg activity and prevents fertilization and implantation.	Thickens cervical mucus preventing passage of sperm into uterus. Inhibition of sperm survival and alteration the endometrium.
Is it safe?	Yes. There is no harm to the woman who takes it, nor does it cause birth defects if it does not work or the woman is already pregnant.	Yes. There is no harm to the woman who takes it, nor does it cause birth defects if it does not work or the woman is already pregnant.	Yes. There is less than 1/1000 chance that a hole could be made in your uterus when the Cu-IUD is inserted (perforation). These holes heal within weeks. There is a slightly increased risk of infection in the first few weeks. You will be checked and treated for this if it happens.	Perforation occurs in 1/1000 IUD/IUS insertions. These holes heal within weeks. There is a slightly increased risk of infection in the first few weeks. You will be checked and treated for this if it happens.
Method	Take 1.5 mg levonorgestrel as soon as possible. The tablet(s) must be taken within 5 days of the unprotected sex to have any effect but work best if taken as soon as possible .	Take one 30 mg tablet as soon as possible. They must be taken within 5 days of the unprotected sex to have any effect but work best if taken as soon as possible .	You can buy the copper IUD from the pharmacy. Then check the website at emergencyiud.com to locate a medical clinic in the Rapid Access Network able to quickly insert the copper IUD as EC. Make sure you say it is for an "Emergency IUD" and when you had unprotected sex so you will be given an appointment within 7 days of unprotected intercourse. A doctor will insert the Cu-IUD into your uterus.	You can buy the LNG IUS/IUD from the pharmacy. Then check the website at emergencyiud.com to locate a medical clinic in the Rapid Access Network able to quickly insert the LNG IUD as EC. Make sure you say it is for an "Emergency IUD" and when you had unprotected sex so you will be given an appointment within 5 days (120 hours) of unprotected intercourse. A doctor will insert the IUD into your uterus.
Side effects	You may get some nausea. You may take Gravol (dimenhydrinate) for this. Your period may be irregular for a month afterward.	You may get some nausea. You may take Gravol (dimenhydrinate) for this. Your period may be irregular for a month afterward.	Most women feel crampy pain when the Cu-IUD is inserted, but this is quick. You can take 600-800 mg ibuprofen 1 hour before the procedure. Most women feel like they are having a period afterwards with light bleeding and maybe some cramps. Periods are heavier and longer for most women afterwards, but improve after the first 3 months.	Most individuals feel crampy pain when the LNG-IUD is inserted, but this is quick. You can take 600-800 mg ibuprofen 1 hour before the procedure. Most patients feel like they are having a period afterwards with light bleeding and maybe some cramps. Periods are heavier and longer for most patients afterwards, but improve after the first 3 months.
After math	You are likely to ovulate soon after taking the levonoregestrel so make sure you are using good contraception!	You are likely to ovulate soon after taking the ulipristal so make sure you are using good contraception!	If you want to leave the Cu-IUD in, you will have good contraception for 5-10 years. You can have it taken out any time after your next period.	If you want to leave the LNG-IUD in, you will have good contraception for at least 5 years and up to 8 years post insertion. You can have it taken out any time after your next period.