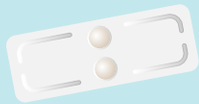
Canadian Guide to Emergency Contraception

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?
 **Copper IUD (Cu-IUD)** (Flexi-T®, Liberté®, Mona Lisa®, Nova-T®)	**99.9% effective**	**Within 7 days**	**It is placed in the uterus by a doctor or nurse practitioner** Highly effective for ongoing birth control	**At a pharmacy, no prescription is needed unless required by insurance** To get in quickly, say your visit is for emergency contraception
 **Levonorgestrel-IUS** (Mirena®)	**99.7% effective**	**Within 5 days**	**It is placed in the uterus by a doctor or nurse practitioner** Highly effective for ongoing birth control	**At a pharmacy, with a prescription from doctor or nurse practitioner** To get in quickly, say your visit is for emergency contraception
Ulipristal (UPA-EC) (ella®)	**~60% effective** Less effective if over 88.5 kg / 195 lbs	**ASAP** Up to 5 days	**Take one 30 mg pill by mouth immediately** Remember to use every time you have unprotected sex	**At a pharmacy, with a prescription** Get an extra pack for future emergencies. Consider longer term contraception if needed
 **Levonorgestrel (LNG-EC)** (Plan B®, Contingency One®, Backup Plan One-step®)	**~50% effective** Less effective if over 75 kg / 165 lbs	**ASAP** Best taken up to 3 days, but may be taken up to 5 days	**Take one 1.5 mg pill by mouth immediately** Remember to use every time you have unprotected sex	**At a pharmacy, no prescription needed** Get an extra pack for future emergencies. Consider longer term contraception if needed
 **Yuzpe regimen using oral contraceptive pills** (Alesse®, Alysena®, Avian®, Min-Ovral®, Ovima®, Indayo®, or	**~40% effective**	**ASAP** Up to 3 days	**Take 2 doses by mouth 12 hours apart** Each dose: 5 pills Alesse®, Alysena®, or Aviane, 4 pills Min-Ovral®, Ovima®, Indayo®, or Portia® Remember to use every time you have unprotected sex	**At a pharmacy, with a prescription** Dimenhydrinate (e.g. Gravol®) may reduce nausea

THE UNIVERSITY OF BRITISH COLUMBIA Continuing Professional Development Faculty of Medicine
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OPTIONS FOR SEXUAL HEALTH

Produced by the University of British Columbia, Division of Continuing Professional Development. Revised Nov 20, 2026.
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