



Which **EC** Is Right For Me?

What is it?

Emergency contraception (EC) is birth control you use after unprotected sex.

What does it do?

EC prevents a pregnancy after unprotected sex. EC does not end a pregnancy if one is there and will not work if you are pregnant.

	IUD	Ella/Ulipristal Pill	Plan B/ Levonorgestrel Pill
Medication	Copper or Levonorgestrel	Ulipristal acetate	Levonorgestrel
Brand Names	Paragard, Mirena	Ella	Plan B, One-step, and many others
How well does it work?	The IUD is very effective, 99% or more.	Ella is up to 94% effective.	Plan B is 81-90% effective. It is less effective if you weigh more than 165 lbs.
How does it work?	The IUD prevents sperm from reaching the egg to fertilize it.	Blocks ovulation	Blocks ovulation
When do you take it?	The IUD can be inserted up to 5 days after unprotected sex.	As soon as possible but up to 5 days after unprotected sex.	As soon as possible but up to 72 hours after unprotected sex.
What happens to your body?	A provider inserts the IUD. You may have cramping and spotting after.	You may have nausea, vomiting, headache, dizziness and belly or breast pain after. Your next period may come a few days early or a few days late.	
When to start birth control?	The IUD works as a birth control for 8-12 years. It can be removed whenever you want.	Restart hormonal birth control 5 days after taking Ella. (Pills, patches, or ring)	Restart hormonal birth control right away.
How do you find it?	The IUD must be inserted by a provider. Call for an appointment ASAP and ask for an IUD for emergency contraception.	You need a prescription for Ella. Call for an appointment and ask for medication for emergency contraception.	Available without a prescription. Available at no cost at WeARE The Clinic - 615 Oak Street, Brainerd.

If you need emergency contraception, call WeARE at 218-454-1546 OR text us at 218-838-6280.