

Emergency contraception (EC) can help prevent pregnancy after sexual assault.

Taking EC after a rape can lower your chances of getting pregnant.

- Take EC as soon as you can.
- EC is most effective when taken within 3 days (72 hours) after rape, but can be taken up to 5 days (120 hours) later.

What are emergency contraception pills?

Two types of EC pills help prevent pregnancy after rape or sex without birth control.

- Plan B[®] progestin-only pills.
- High doses of regular birth control pills.

EC is safe and effective.

- EC pills have been used safely by millions of women for emergency birth control.
- Plan B[®] progestin-only pills reduce the risk of pregnancy by 89 percent.
- Higher doses of regular birth control pills taken for EC reduce the risk of pregnancy by 75 percent.

How do EC pills work?

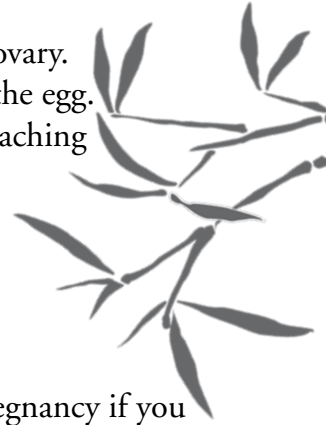
- EC pills may keep the egg from leaving the ovary.
- EC pills may keep the sperm from meeting the egg.
- EC pills may keep the fertilized egg from attaching to the uterus.

EC pills do NOT:

- EC pills do **not** harm your body or your pregnancy if you are already pregnant.
- EC pills do **not** affect your ability to get pregnant in the future.
- EC pills do **not** cause an abortion; they are **not** the same as the abortion pill, RU-486.
- EC pills do **not** protect against sexually transmitted infections, including HIV/AIDS.

What will happen after I take EC?

- You may have changes in the timing or flow of your next menstrual period. **If your period is more than 1 week late, you may be pregnant.**
- You may have some nausea, abdominal pain or dizziness, similar to some side effects of regular birth control pills.
- **If you vomit within 1 hour of taking a dose, call a medical provider to see if the dose should be repeated.**



Where can I get EC after a rape?

- Hospitals with emergency departments.
- Pharmacies. (If you are 18 years or older, you **do not** need a prescription to get EC.)
- Health care providers and family planning clinics.

For more information:

EC and birth control in your area:
1-800-SafeNet (1-800-723-3638)
www.healthoregon.org/fp

Sexual assault advocacy and resources:
1-800-656-HOPE (1-800-656-4673)

Survivors' experiences with EC:
www.raisingheroice.org

To request this material in an alternate format:
971-673-0355

If a hospital refuses to give you EC call 971-673-0540
in Portland between 8 a.m. and 5 p.m. (Pacific time)
(DHS Health Care Licensure and Certification Office)

Don't wait. The sooner you take EC, the better it works to prevent pregnancy after rape.

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Pregnancy Protection After Sexual Assault

Emergency Contraception