

BIRTH CONTROL IS A SAFE WAY TO PREVENT PREGNANCY

The risks of any birth control are less than the risks of pregnancy.

Choose which method works best for you.

There are possible side effects with all birth control, just like any medication.

[Come back to the clinic](#) if you experience signs of pregnancy, change in vaginal discharge, abdominal or pelvic pain, possible exposure to an STI, painful sex, bleeding after sex, headaches, mood changes, or severe pain in your chest, abdomen, or legs.

SCAN ME!



MINNEAPOLIS SCHOOL BASED CLINICS

Edison: Room 107	612-668-1321
Henry: Room 212	612-668-1944
FAIR: Room 222	612-668-1064
Longfellow: Room 126	612-668-4723
Roosevelt: Room 143	612-668-4834
South: Room 122	612-668-4333
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Minneapolis
Health

For reasonable accommodations or alternative formats please contact Minneapolis Health Department at 612-673-2301 or health@minneapolismn.gov. People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000. TTY users call 612-673-2157 or 612-673-2626.
Para asistencia 612-673-2700 - Rau kev pab 612-673-2800 - Hadii aad Caawimaad u baahantahay 612-673-3500.

Version: 3/23

EMERGENCY CONTRACEPTIVE PILL



ALSO KNOWN AS "PLAN B"
LEVONORGESTREL TABLET

MINNEAPOLIS
**SCHOOL BASED
CLINICS** program

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HOW IT WORKS

Emergency Contraception is a pill someone with a uterus can take **after** having unprotected vaginal sex, within the first 3 days (72 hours), to prevent pregnancy.

It works to prevent pregnancy by stopping ovaries from releasing an egg.

Emergency Contraception is used in an emergency only, so it's important that you have a regular method of birth control.

Reasons to use Emergency Contraception can include:

- You are not on birth control and had unprotected vaginal sex (sex without a condom)
- A condom broke, slipped or came off during vaginal sex
- You are on birth control but forgot to take your medication and you had unprotected vaginal sex
- You had unprotected vaginal sex within the first 7 days after starting birth control

EFFECTIVENESS

- It is 95% effective if taken within 24 hours and up to 89% effective if taken within 72 hours. Effectiveness decreases with time.
- Emergency Contraception is most effective for people who weigh 165 pounds or less. Emergency Contraception may be less effective for those who weigh more than 165 pounds.
- Over-the-counter (non-prescription) Emergency Contraception is not effective if you had unprotected vaginal sex more than 72 hours before taking it or if you are already pregnant. It may be less effective for people over 165 pounds. **Emergency Contraception is not an abortion pill.**

POSSIBLE SIDE EFFECTS

After using Emergency Contraception, your next period may be late. You may also have spotting (light bleeding), nausea, abdominal pain, tiredness or a headache.

If you do not get a period within 3 weeks of taking Emergency Contraception, see your medical provider.

PREGNANCY/BREASTFEEDING

Emergency Contraception should not be used for people who are already pregnant because it will not work. Emergency Contraception does not have any effect on a pregnancy already in place.

Emergency Contraception can be used by people who are breastfeeding.

THINGS TO KNOW

You are **not** protected from pregnancy if you have unprotected vaginal sex **after** using Emergency Contraception.

Emergency Contraception is not as effective as other methods of birth control.

Use condoms/barriers every time you have sex to help prevent sexually transmitted infections. Emergency Contraception does not prevent sexually transmitted infections.

GETTING STARTED

Come to your School Based Clinics for no-cost Emergency Contraception. You can also purchase Emergency Contraception over-the-counter (without a prescription) at convenience/grocery stores, pharmacies, and clinics.

Take the pill as soon as possible after unprotected vaginal sex.

Until your next period, avoid vaginal sex or use condoms and/or prescribed birth control to prevent unplanned pregnancy. Follow up with your medical provider as instructed.

OTHER TYPES OF EMERGENCY CONTRACEPTION

Ella is a prescription Emergency Contraception pill that can be taken up to 5 days after unprotected sex and is more effective for people who weigh 195 pounds or less. You can only get Ella prescribed by a medical provider.

Certain IUDs can also be used as a form of Emergency Contraception if placed by a medical provider with 5 days of unprotected vaginal sex.

