The emergency contraceptive pill is birth control you can take shortly after sex to reduce the chance of a pregnancy.

One type is available without a prescription or age-limit at retail pharmacies and stores or from any military medical facility pharmacy.

This type of pill can be taken up to 72 hours after sex. But don’t delay. The pill works better when taken sooner.

Other emergency contraception options are also available*.

Learn more about your birth control options >>

Emergency contraceptive pills do NOT harm an existing pregnancy.
Emergency contraceptive pills do NOT protect against sexually transmitted infections.
Emergency contraceptive pills should NOT be used as your regular form of birth control because they are not as effective as many other types of birth control.

*Other emergency contraception options include the copper IUD and a prescription pill called UPA (ulipristal acetate) but these options must be used within 5 days of the sexual encounter.