

Your birth control plan didn't go as planned?

You Have Options



Emergency Contraception (EC) Options

IUD (Intrauterine Device) (ParaGuard®, Liletta®, and Mirena® IUD)



- + Most effective form of emergency contraception
- + May insert up to five days after unprotected intercourse
- + Provides safe and reliable birth control for as long as you want up to 12 years
- + Talk to your healthcare provider about using ParaGuard®, Liletta® or Mirena® as emergency contraception.
- Inserted vaginally

ella*®



- + Oral emergency contraceptive
- + May take up to 5 days after unprotected intercourse
- + Must wait 5 days after taking ella® to resume hormonal methods of birth control
- Requires a prescription
- Less effective than IUD option

**Some pharmacies may not have ella® available*

Plan B One-Step®



- + Oral emergency contraceptive
- + May take up to 5 days after unprotected intercourse, but sooner is better
- + Can begin using any form of birth control immediately after taking it
- + Available without prescription at military pharmacies and commercial drugstores (**FREE at military pharmacies**)
- Less effective than an IUD option and ella®

Following the use of any emergency contraception, abstaining (not having sex) or using condoms is recommended until your next menstrual period when a long-term birth control plan can be established.

Additional Services

Call your MTF for an appointment or visit the Contraceptive Walk-In Clinic (only available on some bases) for same-day, no-appointment-needed services.



You are able to access:

- Contraceptive counseling
- ECs, birth control pills, injectables, patches, rings, diaphragms, sponges, spermicide, subdermal implant
- IUD insertion
- Sterilization

All services and prescriptions are free if accessed on base or where TRICARE is accepted. Call TRICARE to find contraception near you:

- North: 1-877-TRICARE
- South: 1-800-444-5445
- West: 1-877-988-9378
- OCONUS: Country-Specific Toll- Free Numbers