

On your Journey, You Have Options



Nov 2018

Emergency Contraception (EC) Choices

Copper IUD (Intrauterine Device)



- Inserted vaginally
- + Most effective form of emergency contraception
- + May insert up to five days after unprotected intercourse
- + May leave in for up to 10 years

Ella*[®]



- + Oral emergency contraceptive
- Less effective than Copper IUD
- + May take up to 5 days after unprotected intercourse
- + Must wait 5 days after taking Ella[®] to resume hormonal methods of birth control
- Recommend using condoms or abstaining (not have intercourse) for 14 days after taking Ella[®]

**Some pharmacies may not have Ella[®] available*

Plan B One-Step[®]



- + Oral emergency contraceptive
- Less effective than Copper IUD and Ella[®]
- + May take up to 5 days after unprotected intercourse
- + Can begin using any form of birth control immediately after taking it
- + Recommend using condoms or abstaining (not have intercourse) for 14 days after taking Plan B

Following the use of any emergency contraception, using condoms or other barriers is recommended until your next menstrual period when a long-term birth control plan can be established.

Additional Services

Visit the Contraceptive Walk-In Clinic or call your MTF for an appointment

(xxx) xxx-xxxx



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