

What's Next

for Me ?

A Guide to your Emergency Contraception Options

	TIMING AFTER UNPROTECTED SEX	EFFECTIVENESS	HOW TO GET/ USE IT?	WEIGHT CONSIDERATION	COST
 <p>Progestin Pills (Plan B®, Next Choice®, Option 2®, Norlevo®)</p>	 <p>⌚ As soon as possible. ⌚ Effective up to 3 days. Some effect up to 5 days.</p>	 <p>75% to 89%</p>	<p>Take the pill as soon as you get it</p> <ul style="list-style-type: none"> Available without a prescription in most pharmacies and Sexual Health Clinics 	 <p>Not as effective in women weighing over 75 kg/165 lb; likely even less effective in women weighing over 80 kg/176 lb</p>	<p>\$30-\$40</p>
 <p>Ella® (new in Canada)</p>	 <p>⌚ As soon as possible. ⌚ Effective up to 5 days</p>	 <p>85%</p>	<p>Take the pill as soon as you get it (Prescription needed)</p>	 <p>Less so than Progestin pills; less effective in women with BMI > 35</p>	<p>\$40-\$50 not available in all pharmacies</p>
 <p>Copper IUD</p>	 <p>⌚ Up to 7 days</p>	 <p>99%</p> <p>Also provides ongoing contraception for up to 10 years</p>	<p>Must be inserted by trained doctor or nurse practitioner</p>	<p>NO</p>	<p>\$40-\$50 Price may vary</p>