

CONSIDERING EMERGENCY CONTRACEPTION

What if a person is already taking birth control?

ella® should NOT be taken if hormonal birth control (pills, patch, ring, or Depo) has been taken in the past 7 days. Plan B® should be used instead. A person can resume their regular hormonal birth control immediately after taking Plan B®.

Cal Poly
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STUDENT HEALTH CENTER

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WHAT IS THE EMERGENCY CONTRACEPTION PILL (ECP)?

THE ECP IS
NOT THE
ABORTION
PILL



If a person is already pregnant, they can speak with a medical provider about pregnancy options.

HOW IT WORKS & WHERE TO FIND IT



EMERGENCY CONTRACEPTION PILL (ECP)

Also known as the Morning After Pill

What does ECP do?
Prevents a pregnancy

What are the names of the pills?

Levonorgestrel (Plan B® One-Step & others) OR
ulipristal acetate (ella®)

How do they work?
What's in the pills?

ECP works by delaying ovulation. Most ECP contains progestin, a hormone in daily birth control pills. ella® contains a hormone that mimics & blocks progestin.

How well does it work?

ECP lowers a person's chance of getting pregnant by 58-94%. ella® may be more effective for people who weigh up to 195 pounds, whereas Plan B® may not work for people over 165 pounds.

How is it taken?

ECP is taken by mouth. Although both ECPs can work up to 5 days after possibility of pregnancy, they are more effective the sooner it is taken.

The amount of pills differs by type, so it is important to follow the directions for the specific type of pill.

What happens to the body?

Most people feel fine. Possible symptoms may include nausea, vomiting, headache, dizziness, stomach cramps, or breast pain for a short time after taking the pills. One's next period may come slightly early or late after taking ECP. They would need to return to the clinic or take a home pregnancy test if they do not have a normal period within 3 weeks after taking the ECP.

How much does it cost?

ECP is \$11 at the Cal Poly Humboldt Student Health Center or in the health vending machines across campus.

Is it covered by insurance?

Medi-Cal/Partnership, Family Pact, or private insurance can cover ECP with a prescription. Call the insurance company to see what brands of ECP they cover.

Where to find it:

Pharmacies, health vending machines on campus, health centers, or health care providers. Call ahead to check availability. ella® requires a prescription. Progestin ECP is available without a prescription.

Call (707) 826-3146
to make an appointment or visit
www.wellbeing.humboldt.edu