

Emergency Contraception: Instructions For Use

- Swallow the first dose of EC pills as soon as possible - within 120 hours - after unprotected sexual intercourse. The sooner you begin to take EC pills, the better.
- Swallow the second dose of EC pills **12 hours after taking the first dose.**
- If you are prescribed or advised to use a medication for possible nausea, take that medication **1 hour before you take the first dose of emergency contraceptive pills.**
- For some types of EC, nausea and vomiting are possible, but not likely. If you vomit after 2 hours of taking your dose, do not worry. The medication is already in your system.
- If you vomit before 2 hours of taking your dose, the EC may not be effective. Call your pharmacist: You may need to take a repeat dose.
- Some women may feel tired or dizzy, or may have headaches or tender breasts. These side effects should go away within a day or two. Non-prescription pain relievers (such as ibuprofen or acetaminophen) can be used for headache or breast tenderness.
- EC is not 100% effective. If you do not get your period within 3 weeks after taking EC pills, you may be pregnant and need to see your health care provider or use a home pregnancy test.
- EC pills will not protect you from pregnancy during the remainder of your menstrual cycle. You will need to use an effective form of contraception if you have sexual intercourse again.
- Remember, EC is not as effective as other forms of birth control, and does not protect against sexually transmitted infections (STIs) or HIV. See your health care provider for a regular method of birth control and STI testing and prevention. If you do not have a regular provider, ask the pharmacist for assistance in finding one.

You have been given _____ for emergency contraception.

Take _____ pill(s) as soon as possible. (First dose)

Take _____ pill(s) 12 hours later. (Second dose)

You have been given / advised to take _____ to prevent nausea.

Take _____ pill(s) 1 hour before the first EC dose.

Take _____ pill(s) 1 hour before the second EC dose.

New Mexico Pharmaceutical Association recommended form (EC-4 May 2—3)