

## Starting Ongoing Contraception after EC Use

Although EC may prevent pregnancy due to recent unprotected intercourse, it does not protect you from pregnancy in the future. Because EC can delay ovulation, you may be at risk of pregnancy in the first few days after treatment. You should use an effective method of birth control until your next menstrual period and thereafter. If you are not currently using a prescription method (e.g., pills, or shots) on a regular basis, or if you are interested in changing your method of contraception, please consult your doctor or ask your pharmacist for a referral to a local provider.

### **METHOD - Continuing Current Method - Starting New Method - WHEN TO START**

- **Condom** - Can be used immediately.
- **Diaphragm** - Can be used immediately.
- **Spermicide** - Can be used immediately.
- **Oral Contraceptives** - use one of the following three choices.
  1. The day after EC treatment is completed, start a new pack and take one tablet daily. Use condoms until your next menstrual period.
  2. Wait for your next period, then start a new pack either on the first day of bleeding or the first Sunday after your period starts.
  3. If you period starts on a Sunday, take the first pill then. Use condoms until your next menstrual period.
- **Progestin-only pills** - use one of the following three choices.
  1. The day after EC treatment is completed, start a new pack and take one tablet daily. Use condoms until your next menstrual period.
  2. Start a new pack on the first day of your next menstrual period. Use condoms until your next menstrual period.
- **Depo-Provera (Three-Month Shots)**  
Start the day after EC treatment is completed or within 5 days of beginning your next menstrual period. Use condoms until your next menstrual period.
- **Lunelle (One-Month Shots)**  
Start the day after EC treatment is completed or within 5 days of beginning your next menstrual period. Use condoms until your next menstrual period.
- **Contraceptive Patch and Vaginal Ring Contraception**
  1. Start the day after EC treatment is completed. Use condoms until your next menstrual period.
  2. Wait for your next menstrual period, then start the method on the first day of bleeding. Use condoms until your next menstrual period.
- **IUD or intrauterine device** (Paragard, Mirena)

Consult a health care provider about insertion which is usually done during the menstrual period.

**Please ask the pharmacist or your health care provider  
if you have any questions.**

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