











# What's Next

## for Me ?

Your Guide to **Emergency Contraception** Options

	TIMING AFTER UNPROTECTED SEX	EFFECTIVENESS	HOW TO GET IT?	WEIGHT CONSIDERATION	COST
 <p><b>Progestin EC Pills</b> (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%</p>	<p>Available without a prescription in most pharmacies and Sexual Health Clinics</p>	 <p>Less effective in women weighing over 75 kg/165 lb and especially in people weighing over 80 kg/176 lb</p>	<p>\$30-\$40</p>
 <p><b>ella®</b> (new in Canada)</p>	 <p>⌚ As soon as possible. ⌚ Effective up to 5 days</p>	 <p>85%</p>	<p>Available in pharmacies with a prescription from a doctor or nurse practitioner</p>	<p>More effective than Progestin EC pills for people weighing over 75 kg/165 lb.</p> <p>May have decreased effectiveness in people with body mass index (BMI) over 35.</p>	<p>\$40-\$50</p> <p>not available in all pharmacies</p>
 <p><b>Copper IUD</b></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 (see clinic finder)</p>	<p><b>NO</b></p> <p>Highly effective regardless of weight</p>	<p>\$70-\$80</p> <p>Price may vary</p>