

Emergency Contraception

Available over the counter without a prescription!



We encourage our patients to use some form of contraception before or during intercourse. However, we know accidents occasionally happen. For women who do not wish to become pregnant and who have had intercourse without protection, there is an option for preventing pregnancy! Available over the counter, you will need to ask the pharmacist for the medication and must be 18 or over and show ID.

If you have had unprotected sex within the past 5 days (120 hours), you may be a candidate for emergency contraception. Please remember that this method is more effective in the first 72 hours after unprotected intercourse.

1. After your health history is reviewed and blood pressure taken, you will be given a prescription for two tablets. Please take one tablet with food now and the other tablet in 12 hours. (with food or milk)
2. You must take the second tablet exactly 12 hours after the initial dose. Set an alarm clock for the middle of the night if you need to—timing is critical for effectiveness.
3. Return to the office in 21 days if you haven't had bleeding. About 50% of women will have a period within one week of taking the pills; most of the rest within 21 days. If you have not had bleeding by 21 days, return to the office for a pregnancy test or perform one at your home.
4. Do not have unprotected sex before your next period. Emergency contraception protects you only from pregnancy resulting from intercourse in the past 5 days. It does not protect you after that time frame.
5. Call or return to our office any time if you feel you have a problem. Please make an appointment if returning to the office.
6. Decide upon an on going form of birth control.
7. Possible side effects from EC are: mild headache, nausea, vomiting, breast tenderness, and bloating.
8. This method is only 80-85% effective.
9. If you vomit within 30 minutes within taking either dose, please call the office as you will need to repeat the medication!