

Emergency Birth Control Methods

This decision aid is to help you and your health care provider talk about methods of birth control and choose what's right for you. Most people can safely use these methods. Your health care provider can tell you whether these methods are safe for you.



	COPPER IUD	ULIPRISTAL PILL	PROGESTIN EMERGENCY PILL	COMBINED PILL
How is it used?	A health care provider puts a small, T-shaped plastic and copper device in your uterus. You can then use this as regular birth control for up to 10 years.	You swallow one pill	You swallow one pill or you swallow two pills, 12 hours apart (depends on the brand)	You swallow a specific number of combined birth control pills and then repeat 12 hours later. The number of pills needed depends on the brand.
When?	Within 5 days after unprotected sex	As soon as possible within 5 days after unprotected sex	As soon as possible within 5 days after unprotected sex	As soon as possible within 5 days after unprotected sex
How does it work?	Releases copper to prevent a pregnancy from occurring	Releases ulipristal acetate to prevent a pregnancy from occurring	Releases progestin to prevent a pregnancy from occurring	Releases progestin and estrogen to prevent a pregnancy from occurring
How effective is it at preventing pregnancy?	Highly effective – the most effective method	The most effective method after the Copper IUD	As effective as the Ulipristal Pill if taken within 3 days after unprotected sex Less effective than the Ulipristal Pill if taken 3 to 5 days after unprotected sex	The least effective method
What are some of the side effects?				
Temporary bleeding changes (e.g., irregular bleeding or spotting, next period not at the expected time)?		Possible	Possible	Possible
Other temporary side effects (e.g., headaches, nausea or vomiting, breast tenderness, abdominal pain, dizziness, fatigue)?		Possible	Possible	Possible
Non-temporary bleeding changes or other side effects?	Possible (More information on the 'Long-Acting Reversible Birth Control Methods' decision aid)			
Does it protect against sexually transmitted infections (STIs)?	No	No	No	No

This decision aid is for use only during a visit with your health care provider. It is not intended to give you medical advice or recommend a birth control method. For more information, including authors, information sources, and terms of use, see www.rightforme.org/decision

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