



Talk to your clinician *before* using ECP's if you have ever had:

- Stroke
- Breast Cancer
- Blood Clots in your legs or lungs
- Any reason to think ECP's might pose a health risk for you
- Any serious medical disorder, such as diabetes, liver disease, or high blood pressure

For most women, ECP's are a simple, safe option that can greatly reduce the chance of pregnancy after unprotected intercourse.

Mission Statement

The Pat Walker Health Center, University Health Services provides professional and comprehensive medical care, mental health care, health education, and health promotion for a diverse community of students, faculty, and staff. We, the University Health Services Staff of the Pat Walker Health Center, have a commitment to physical, mental, spiritual, social, and emotional health, the highest standards of quality, and appreciation of the value of each individual. Through these endeavors we support the educational mission of the University of Arkansas and the growth of each individual.

Pat Walker Health Center University Health Services

525 N. Garland Avenue
Fayetteville, AR 72701

(479) 575-4451
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Website: health.uark.edu



Accredited by
**Accreditation Association
for Ambulatory Health Care**

*A Member of
the Division of Student Affairs*



Emergency Contraceptive Pills (ECPs) “Morning-After Pill”



Women's Clinic
525 N. Garland Avenue
Fayetteville, AR 72701
(479) 575-4478

Primary Medical Clinic
(479) 575-4451
TTY (479) 575-4124

Website: health.uark.edu



You may want to use emergency contraception if:

- You were forced to have sex
- A condom broke or slipped off
- You didn't use any birth control
- You have not properly used hormonal contraception

What is Emergency Contraception?

When you have sex without using birth control, your risk of becoming pregnant depends on *where you are in your menstrual cycle*. During your most fertile days—midway between two menstrual periods—the risk could be as high as 30%. By using emergency contraceptive pills (ECP's), you decrease your chance of becoming pregnant by about 75%. For example, a 30% risk would be reduced to fewer than 8%.

The pills may work by keeping the ovary from releasing an egg, by thickening cervical mucus or by changing the lining of the uterus in such a way that a fertilized egg may not attach and develop into a pregnancy.

If you are already pregnant and take ECP's, it will not adversely affect the pregnancy.

Timing is everything!

ECP's must be taken as soon as possible. The sooner the ECP's are taken, the better they work to prevent pregnancy. It is best to start the pills within 72 hours (three days) of unprotected vaginal intercourse.

Studies have shown that even if ECP's are taken as late as 5 days after unprotected vaginal intercourse, they may prevent pregnancy. It appears to be less effective the later it is used. The effectiveness of using ECP's beyond 120 hours has not been proven.

ECP treatment consists of two options:

OPTION 1:

- You should swallow all of the given ECP's as soon as possible after unprotected intercourse or at the latest by 5 days (120 hours).
- The sooner you take them, the better they work to prevent pregnancy.

OPTION 2:

- You should swallow the first pill(s) as soon as possible after unprotected intercourse or at the latest by 5 days (120 hours).
- Then swallow the second pill(s) 12 hours after you take the first pill(s).

Pregnancy Testing:

- If you are not on hormonal contraception and do not have a normal menstrual period within 3 weeks, then have a pregnancy test done.
- If you use hormonal contraception and have used ECP's, perform a pregnancy test 3 weeks after taking the ECP's.

Call the Women's Clinic 575-4478 or the Primary Medical Clinic 575-4451 if you:

- Have questions
- Think you have a problem
- Miss your period (it may be a few days early or late)
- Think you might be pregnant
- Are so sick to your stomach or throwing up that you cannot take the second pill(s)

