SHOULD YOU TAKE EMERGENCY CONTRACEPTION?

**CONDOMS**
Did a condom break or fall off, or did you not use one the entire time there was genital contact?
- **NO**
- **YES**

No need to use emergency contraception! Condoms are quite effective when used correctly.

**THE PILL, PATCH OR RING**
Did you miss two combination pills (or the first combination pill of a new pack), take a norethindrone progestin-only pill more than 3 hours late, not replace your patch or ring on time, or leave your ring out of your vagina for too long?
- **NO**
- **YES**

**THE SHOT**
Has it been more than 14 weeks since your last injection?
- **NO**
- **YES**

**THE IUD OR IMPLANT**
Is your IUD or implant expired?
- **NO**
- **YES**

**Contraception Options**

**The Pill Option**

**The Pill, Patch or Ring**

**The Shot**

**The IUD or Implant**

**Plan B**

You can take Plan B, a morning-after pill that works for up to 3 days and is available without a prescription at many pharmacies. Or, you can request the prescription-only morning-after pill Ella, which Nurx can send to you with overnight shipping or send the prescription to your local pharmacy for pick-up. **Important:** Ella and regular hormonal birth control can cancel each other out, so if you take Ella do not use other hormonal birth control for 5 days and do use a condom for a week.

**Ella**

You should take Ella, the prescription morning-after pill that may work for up to 5 days after sex and is the better choice for people who weigh more than 165 pounds. Nurx can send it to you with overnight shipping or send the prescription to your local pharmacy for pick-up. **Important:** Ella and regular hormonal birth control can cancel each other out, so if you take Ella do not use other hormonal birth control for 5 days and do use a condom for a week.

**Important:** If it has been more than 5 days since unprotected sex emergency contraception will no longer be effective. We recommend taking a pregnancy test 2 weeks after you had sex, or if your period is late.

**Note About Breastfeeding:**
Plan B is safest, but Ella can be used if you discard your breast milk for 24 hours after taking Ella (or consult with your medical provider).

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