

## Appendix D: Emergency Contraception Information

### EMERGENCY CONTRACEPTION FRAMING STATEMENTS

For those programs that choose to provide information about emergency contraception, we strongly recommend that advocates receive training on this issue from their local health department, family planning clinic, or Planned Parenthood.

*This may not be a concern for you now, however it is information we offer to everyone who uses our services. Emergency contraception is available if:*

- ▶ Your current birth control method is not effective/active.
- ▶ Your partner wanted to have sex, or pressured you to have sex and you didn't want to.
- ▶ You are worried that you may be pregnant (this question may be helpful for teens who if they don't know that you can't test for pregnancy right after sexual intercourse, for example).
- ▶ The person you are having sex with is not all that you hoped for.
- ▶ The person is not the one you want to spend the rest of your life with – not “the one” for you forever.
- ▶ You are not ready to be a parent.

### EMERGENCY CONTRACEPTION INTAKE QUESTIONS

- ▶ Did you know that there is a birth control option called emergency contraception that works best within three days of sexual intercourse and can prevent pregnancy? It is taken in pill form and can be taken up to 5 days or 120 hours after unprotected sex. (Note: While emergency contraception—except Ella, available by prescription only—is most effective within the first three days after unprotected sex, it is still effective up to five days or 120 hours after unprotected sex.)
- ▶ Plan B One-Step is available on store shelves. There is no age restriction or prescription requirement to buy Plan B One-Step. You should know there are generic options of emergency contraception that are less expensive but not on store shelves. A pharmacist or healthcare provider may be able to provide Next Choice One Dose or another generic brand of emergency contraception. However, if you are under 17, you will need a prescription to purchase the generic options that are not on store shelves.

## RESOURCES

- ▶ The Reproductive Health Access Project ([www.reproductiveaccess.org/fact\\_sheets.htm](http://www.reproductiveaccess.org/fact_sheets.htm)) offers a series of multilingual patient information forms on Emergency Contraception. For a description of these resources, see the post on the Forensic Health Online blog: [www.forensichealth.com/2012/01/26/multilingual-emergency-contraception-fact-sheets/](http://www.forensichealth.com/2012/01/26/multilingual-emergency-contraception-fact-sheets/)