EMERGENCY OPTIONS

COPPER IUD
May be used as emergency contraception and a non-hormonal option. See “barrier & non-hormonal options” for details related to long-term use.

**PROS**
- Can be inserted up to 7 days post unprotected sex
- Can be removed, or kept in for up to 5 years of effective birth control
- No hormones

**CONS**
- Needs to be inserted by a medical professional within 7 days of unprotected sex
- Insertion may be painful or uncomfortable
- May be expensive without health insurance coverage

Intrauterine device with a copper wire around it that gets professionally inserted into the uterus. It interferes with the sperm and egg to prevent a pregnancy. It can be removed after the next period or left in place.

$80-160, but can vary widely, depending on the brand and your health insurance coverage.

99.1% effective.

MORNING AFTER PILL: PRESCRIPTION ONLY

**PROS**
- You can take it up to 5 days after unprotected sex with the effectiveness on day 5 being the same as day 1
- Prevents the release of your egg, thickens the cervical mucus, and thin the lining of the uterus to prevent implantation.

**CONS**
- Requires a prescription from a doctor

Pill

About $40-50. Up to 80% is covered on most insurance plans, including the AMS/GSS plan. Accessible through a pharmacy with a prescription.

85% effective.

MORNING AFTER PILL: OVER THE COUNTER

**PROS**
- Can be bought from a pharmacy without a prescription
- Most effective when taken within 24 hours
- Temporarily stops the release of an egg from the ovary, thickens the cervical mucus, and thin the lining of the uterus to prevent implantation.

**CONS**
- Becomes less effective when taken 5 days post unprotected sex and may not work for people with a higher BMI (body mass index)

Pill

About $40-50. Up to 80% is covered on most insurance plans, including the AMS/GSS plan. Accessible through most pharmacies without a prescription.

75% effective if taken within 24 hours.