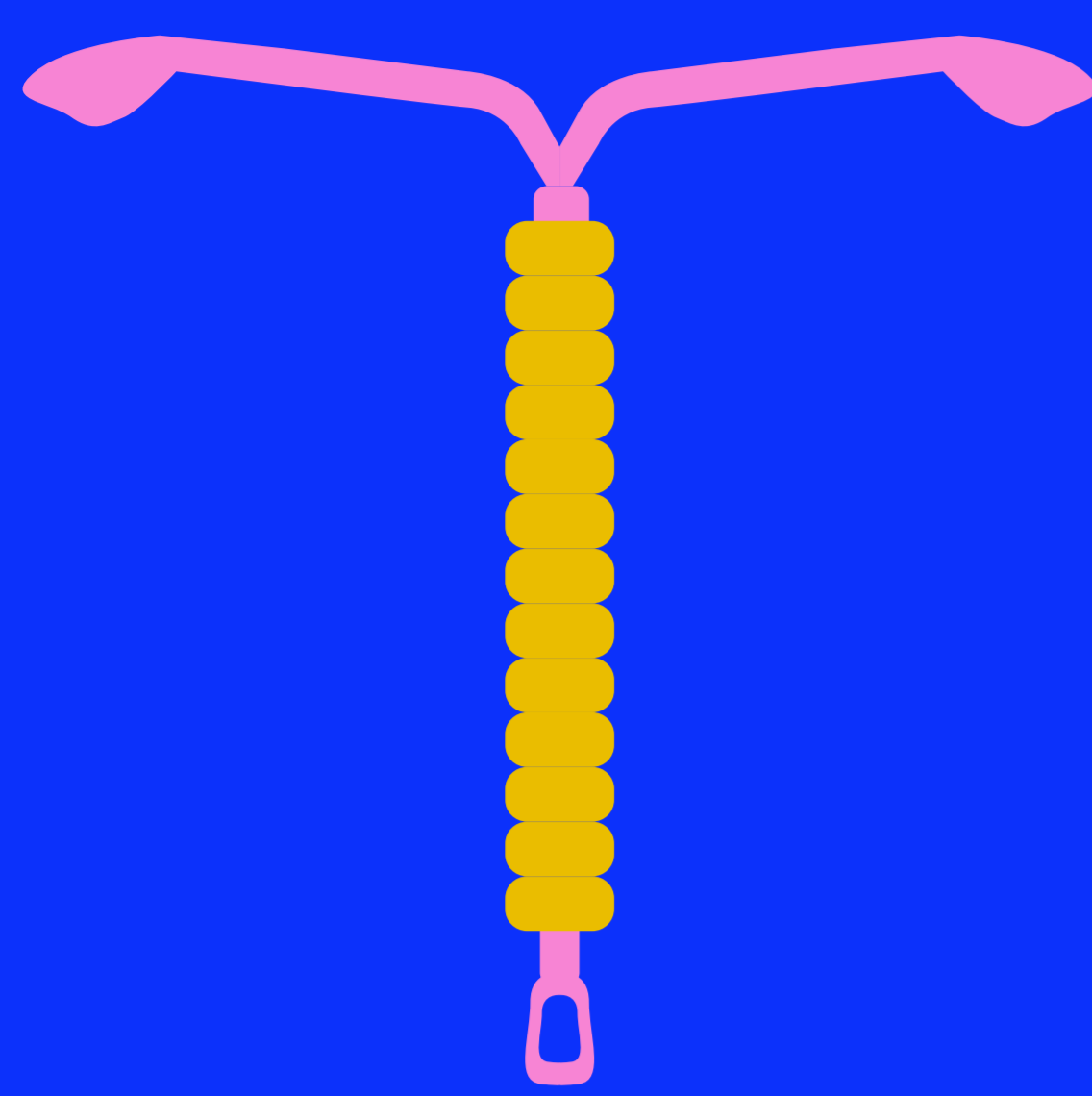


EMERGENCY OPTIONS



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

WHAT

Intrauterine device with a copper wire around it that gets professionally inserted into the uterus.

HOW

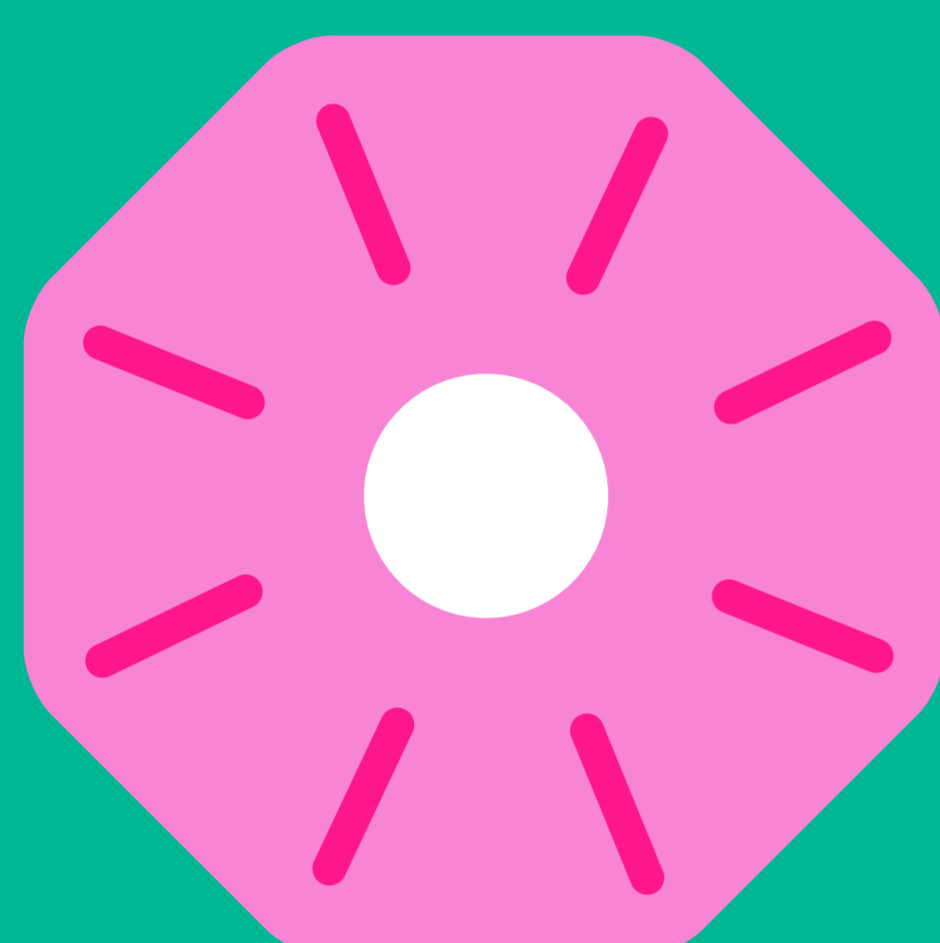
It interferes with the sperm and egg to prevent a pregnancy. It can be removed after the next period or left in place.

\$\$\$

\$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

CONS

- Requires a prescription from a doctor

WHAT

Pill

HOW

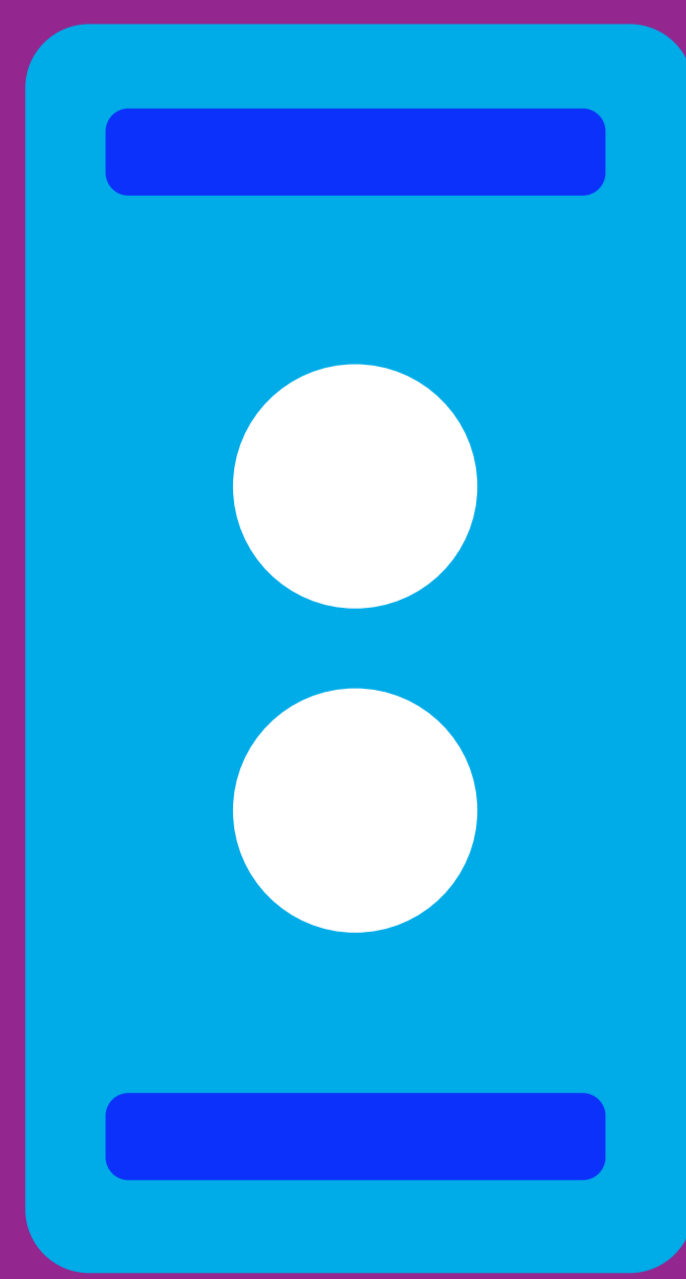
Prevents the release of your egg, thickens the cervical mucus, and thins the lining of the uterus to prevent implantation.

\$\$\$

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

CONS

- Becomes less effective when taken 3 days post unprotected sex and may not work for people with a higher BMI (body mass index)

WHAT

Pill

HOW

Temporarily stops the release of an egg from the ovary, thickens the cervical mucus, and thins the lining of the uterus to prevent implantation.

\$\$\$

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.