

Emergency contraception

Fact Sheet

What is Emergency Contraception (EC)?

Emergency contraception can help keep you from getting pregnant if you had sex without using birth control or if your birth control method did not work. These are recommended for use within 5 days but are more effective the sooner they are used after the act of intercourse.

Emergency contraception prevents pregnancy by preventing or delaying ovulation and has no effect on an established pregnancy and cannot cause miscarriage or abortion.



Emergency contraceptive pills

There are three different types of emergency contraceptive pills available in the United States. Some emergency contraceptive pills are available over the counter.



Copper IUD

Women can have the copper T IUD inserted within five days of unprotected sex.

Accessing EC

Plan B One-Step® and several generic brands of EC pills, including Next Choice One Dose, My Way, Fall Back Solo, Take Action, levonorgestrel tablet, and Aftera are **available OTC to women of all ages**.

ella® is available **only by prescription** from your doctor, nurse, or family planning clinic.

Individuals without health insurance or who are ineligible for Medicaid may be able to obtain free or low-cost EC (in addition to other reproductive health care services) through a clinic or community health center participating in the federal **Title X family planning program**.

If you have **Medicaid**, your insurance may cover emergency contraception.



Your Rights in Louisiana

Act 513 **requires emergency rooms to provide information** about emergency contraception to sexual assault survivors **and to dispense EC** on request following a negative pregnancy test.

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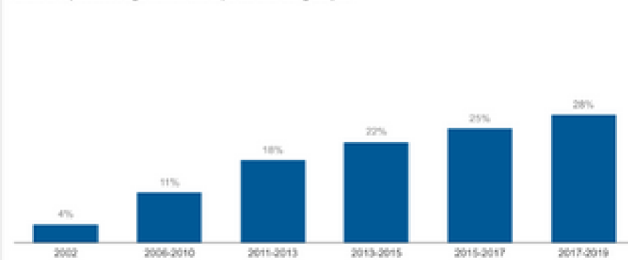
Facts About EC

About 45% of pregnancies in the US are unintended, according to research by the Guttmacher Institute.

Between 2017 and 2019, 28% of women ages 15 to 44 who have ever had sex with a male reported they had used EC pills.

Use of Emergency Contraception Pills Has Increased Over the Past Two Decades

Share of reproductive-age women who reported ever using EC pills



NOTE: Among females ages 15-44 who have ever had sex with a male
SOURCE: KFF analysis of National Survey of Family Growth, 2002-2019

Emergency Contraception

This fact sheet reviews current national and state policies around Emergency Contraception, including methods, patient awareness, access and availability, and insurance coverage.

KFF /

Resources

[Plan B NOLA](#) offers limited delivery and pick-up options in Orleans Parish, Metairie, Jefferson, Elmwood, Harahan, Kenner, Westwego, Marrero, Harvey, and Gretna.

[BIG EASY EC](#) confidentially delivers FREE emergency contraception and pregnancy tests 24/7 to Tulane and Loyola students! TEXT: (504)-215-8634

[NOW Baton Rouge](#) provides kits including Plan B, pregnancy test, condoms, and useful information in a discreet package.

[Sexual Trauma Awareness and Response \(STAR\)](#). STAR® provides supportive services to survivors to reduce their experience of trauma.

[Planned Parenthood Gulf Coast — NOLA & Baton Rouge](#)

Emergency contraception is available at these Planned Parenthood locations during all business hours, for all ages.

Emergency Contraception is not..

Emergency contraception does not protect you from STIs (PDF, 187 KB). To lower your risk of getting an STI, always use condoms when you have vaginal, oral, or anal sex.

EC pills are different from the abortion pill. If you are already pregnant, emergency contraception pills do not stop or harm your pregnancy.

EC is not meant to be used for regular birth control.

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