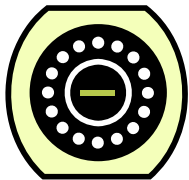


## REMEMBER . . .

Emergency Contraceptive Pills do not protect you from pregnancy for the rest of your cycle. You must still use birth control.

Ask your doctor, nurse or birth planning agency for information so you can decide on a birth control method that is right for you.



CU Healthy

**HCS** wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website ([carleton.ca/health](http://carleton.ca/health))
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or [cu\\_healthy@carleton.ca](mailto:cu_healthy@carleton.ca).



2600 CTTC Building  
613-520-6674  
[carleton.ca/health](http://carleton.ca/health)

# Emergency Contraceptive Pills



613-520-6674  
[carleton.ca/health](http://carleton.ca/health)  
2600 CTTC Building

**If you've just had unprotected sex and are worried about the possibility of an unwanted pregnancy . . . don't panic! You have an option. You have a window of 3-5 days to use Emergency Contraception, although the sooner you use it, the better it works.**

### **There are 2 EC Methods:**

1. A special pill formulation called Plan B.
2. A series of 4 contraceptive pills called the Yuzpe method.

### **When would I use EC Pills?**

It can be used when you've had sex without using birth control or if the contraceptive method you used didn't work (i.e. the condom broke). Women who've been sexually assaulted may wish to take EC Pills. **You should take EC pills if you forgot to take your birth control pills and didn't use extra protection.**

### **Do EC Pills have side effects?**

EC is very safe, but it can cause side effects such as nausea or vomiting (which are much less common with Plan B than the Yuzpe method). You will need to retake EC pills if you vomit 1 hour after taking either dose.

### **How does it work?**

EC alters the mucus in a woman's cervix so that it becomes "hostile" to sperm. It also thins out the uterus lining, making it very difficult for a fertilized egg to implant. In the unlikely event that implantation does occur, EC does not interrupt the pregnancy or put the fetus at risk.



### **When will I get my next period?**

Your next period may start a few days earlier or later than usual. If your period doesn't start within 4 weeks, come to Health and Counselling Services and see a nurse or doctor.

### **Where can I get EC Pills?**

You can get EC (or a prescription for EC) from your doctor, a health centre, a walk-in clinic, a birth control/sexual health clinic or directly from your pharmacist.

You will save approximately \$10.00 if you have time to get a prescription.

EC Pills are not covered by the CUSA Drug Plan. The price is approximately \$40.00 without a prescription or \$30.00 with.

**\* Note:** Your on-campus Pharmacy, 1100 CTTC Bldg., offers counselling in a private location whereas most other pharmacies advise at the counter.