

When should I use ECP?

There are many occasions when you may need Emergency Contraception, including the following:

- the condom broke or slipped off
- forgot to take birth control pill or started the pack late and did not use back up
- the diaphragm or cervical cap slipped out of place or was inserted incorrectly
- late for Depo-Provera® or Lunelle® shot
- pressured or forced to have unprotected sex
- sexually assaulted or raped
- caught up in the moment and didn't use protection
- drinking and didn't use protection
- didn't realize you needed to use protection the first time you had sex

Any of the birth control pills listed below can be used as ECPs.

If you are taking	First Dose: Number of pills to swallow as soon as possible	Second Dose: Number of pills to swallow 12 hours later
Alesse®	5 pink	5 pink
Aviane™	5 orange	5 orange
Levlen®	4 lt. orange	4 lt. orange
Levlite™	5 pink	5 pink
Levora®	4 white	4 white
Lo/Ovral®	4 white	4 white
Low-Ogestrel®	4 white	4 white
Nordette®	4 lt. orange	4 lt. orange
Ogestrel®	2 white	2 white
Ovral®	2 white	2 white
Tri-Levlen®	4 yellow	4 yellow
Triphasil®	4 yellow	4 yellow
Trivora®	4 pink	4 pink

- take first dose as soon as possible and within 72 hours after unprotected sex.
- take the second dose 12 hours after the first dose

Emergency Contraception

to prevent pregnancy,
use within 72 hours of
unprotected sex

For information or services contact:

National Hotline
1 888 Not 2 Late
www.not-2-late.com

Planned Parenthood of
North Central Florida
850 574 7455

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