

How to Use Emergency Contraception (EC)

1. EC pills can help you from becoming pregnant if you had unprotected sex. Unprotected sex means you didn't use birth control or the condom broke. You can take it up to 5 days after you have had unprotected sex. But the sooner you take EC, the better.
2. You can get EC by calling Adagio Health or by calling 1-888-NOT-2-LATE to find a place near you that has EC.
3. You will get 2 pills. You can take them both together or you can take one and then take the other one 12 hours later. It is easiest to take them together but you may have some nausea (upset stomach).
4. Call your health care provider if you throw up within an hour of taking the first dose.