

# Now That You've Purchased Emergency Contraception (EC)

Live Well to  
Learn Well

Web:  
[health.cornell.edu](http://health.cornell.edu)

Phone (24/7):  
607-255-5155

Fax:  
607-255-0269

Appointments:  
Monday–Saturday

*Check web for hours,  
services, providers,  
and appointment  
information*

110 Ho Plaza,  
Ithaca, NY  
14853-3101

## What is EC?

You may have purchased Emergency Contraception (EC) for a variety of reasons, including contraceptive failure and unplanned sex. Below is some important information that may apply to you, or to someone you know, including a partner or friend.

## Considerations

- EC is a safe option for nearly all women who have had unprotected intercourse with a man and who do not want to become pregnant.
- EC does not protect against sexually transmitted infections (STI). If you have concerns about being exposed to an STI, please speak with a Cornell Health nurse by phone (607-255-5155, available 24/7) or in-person.
- EC will not provide pregnancy protection against future unprotected intercourse.
- EC is helpful in reducing risk of pregnancy after unprotected intercourse, but is not as effective as other methods of contraception.
- If you do not already use regular birth control (e.g., oral contraceptive pills, condoms, etc.) and you have sex with men, consider talking with a sexual health nurse about birth control options. Request an appointment via phone (607-255-5155), online via myCornellHealth, or by visiting us during business hours. This free appointment can help you decide what might work best for you.
- If you are currently using oral contraceptive (birth control) pills:
  - And you have taken a progestin-only EC (e.g., Plan B, next choice): Restart your birth control pills the day after you take EC. Use a backup method (such as condoms) or do not have vaginal sex, until you have taken seven pills in a row.
  - And you have taken Ella (ulipristal acetate): Restart your birth control pills 5 days after you take Ella. Use a back-up method until you have finished the pack of birth control pills.
- Birth control and safer sex supplies (e.g., condoms, spermicides) are available in the pharmacy at Cornell Health.

## Instructions

Take EC by mouth as soon as possible after unprotected intercourse. The longer the interval between unprotected intercourse and EC, the less effective it will be. *EC is most effective if taken within 24 hours* of unprotected intercourse.



*Take EC by mouth as soon as possible after unprotected intercourse*

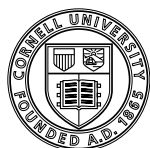
The manufacturer's instructions suggest the pill be taken within 72 hours for maximum effectiveness; however EC can be taken up to 5 days (120 hours) after intercourse with some benefit.

- Some women experience a change in their menstrual cycle after the use of Emergency Contraception. Your period may start a few days earlier or later than usual. If you do not get your period within three weeks of taking EC, a pregnancy test is recommended.
- Some women experience minor side effects like nausea. If you vomit within one hour of taking EC, call Cornell Health to speak with a nurse (607-255-5155). Although this is not a serious health threat, you may need to repeat the dose.

## Unwanted or forced sexual contact

If the need for EC is due to an unwanted or forced sexual encounter, we are available to talk with you, provide care, and offer support.

- Cornell Health staff members are available by phone 24 hours a day to provide information to survivors of sexual assault. We can offer confidential medical care and advocacy services to help you decide what you need, and what support networks would be most helpful.
- You may benefit from being examined for physical injury and infection after an assault. Post-assault medical treatment and support are available at Cornell Health by calling 607-255-5155.
- Cornell's Victim Advocates can offer support, resources, judicial and legal information, and assistance regarding academic pressures.



The service is free and confidential.  
Call 607-255-1212 to schedule an appointment.

- Professional in-person counseling and group support are available through Cornell Health. Call 607-255-5155.
- If there is any chance you may consider criminal action or want to keep that option open, seek medical care at Cayuga Medical Center (CMC), located at 101 Dates Drive in Ithaca, as soon as possible. (If seeking this care immediately, do not bathe, shower, douche or change clothes before you go.) The Sexual Assault Nurse Examiner (SANE) Program at CMC provides specially-trained nurses who offer care and treatment to survivors of assault. To access the SANE Program, call the Advocacy Center's 24 hour hotline (607-277-5000) or call the CMC Emergency Department (607-274-4411) before leaving for CMC.
- More information about sexual assault is on our website: *health.cornell.edu* and at *SHARE.cornell.edu*

## Alcohol and EC

If your use of alcohol or other drugs (AOD) played a role in your need for EC and/or you would like to explore your AOD use in a non-judgmental, supportive setting, call Cornell Health and ask to be connected with one of our BASICS providers (607-255-4782) for a free and confidential appointment.

## For more information

Read the booklet included in the EC package for more detailed information.

- Visit: *not-2-late.com*