The sooner emergency contraception (EC) is taken after unprotected sex, the better it works to prevent pregnancy.

**Available for sale without a prescription**

- **Plan B and its generic versions (pill)** are appropriate for those who...
  - have a body weight/mass (BMI*) under 26
  - had unprotected sex within the last 3 days (most effective within 3 days; can be used within 120 hours)

*Generic options are the medical equivalent of Plan B, offered at a lower price. With a prescription, some insurance plans (including SHP) cover Plan B at no cost.*

**Available by prescription only**

- **Ella (pill)** is appropriate for those who...
  - are of any body weight/mass (BMI*)
  - had unprotected sex within the last 5 days
  - had sex mid-cycle (are nearing ovulation)

*Typically can be prescribed the same day. Cost will depend on your insurance (covered at no cost by SHP).*

- **An intrauterine device (IUD)** (Mirena or Paragard) is the most effective EC available, and is appropriate for those who...
  - are of any body weight/mass (BMI*)
  - had unprotected sex within the last 5 days
  - want EC that will also prevent pregnancy for years

*Requires an office visit for IUD placement; call 607-255-5155 for an appointment. Cost will depend on your insurance (covered at no cost by SHP).*

**Need a prescription?** See side 2.
Not sure which EC option is right for you?
Ask to speak with a pharmacist, or call us for consultation at 607-255-5155.

Need a prescription?
We know that EC is time-sensitive, so we prioritize same-day EC prescriptions whenever possible. Visit our front desk, or call us at 607-255-5155.

Why is BMI important?
Research shows that certain EC options are more effective when an individual’s Body Mass Index (BMI) falls within a certain range. (See front of card for details.) You can calculate your BMI on the CDC’s website: cdc.gov.

Concerned about pregnancy, STIs, or non-consensual sex?
Pregnancy tests are available for sale at the Cornell Health Pharmacy. For additional care, schedule an appointment to speak with a CAPS counselor or receive pregnancy options referrals. If you’re concerned you may have been exposed to a sexually transmitted infection (STI), you can schedule a free STI screening at Cornell Health. If you have concerns about non-consensual sex, you can speak with a CAPS counselor or one of our Victim Advocates.

Call us at 607-255-5155 to consult with a provider (24/7) or to schedule an appointment. Some appointments can also be scheduled online: health.cornell.edu/appointments.

Other options in the community
EC options are also available through community providers, including Planned Parenthood, which may charge on a sliding scale for those who need assistance: plannedparenthood.org.

*Calculate your BMI: