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/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/SHP+).*

• **Paragard IUD (copper intrauterine placement)**
  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/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.